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WHAT NOT TO DO WHEN DECORATING TREAD LIGHTLY WITH TRENDS {page 23}



IT'S WILDE BRADLEY COOPER'S GOT SOME NEW ARM CANDY {page 19}



OTTAWA

metro

®

Thursday, May 26, 2011
www.metronews.ca



News worth sharing.

Tories to cut per-vote subsidies

► Last budget died with election ► Opposition cannot stop Tory majority from passing new version

The Conservatives will move to phase out per-vote subsidies for political parties when Finance Minister Jim Flaherty brings down a revised federal budget on June 6, his first with the power of a majority government behind it.

He said yesterday his budget will

be much the same as the March 22 budget, which was brought out just before the government was defeated and never passed.

The Tory campaign platform called for phasing out the per-vote program, which costs about \$27 million a year, over the next three

years. Each party currently gets \$2 per share cast for it during an election. The economy is improving, but too many Canadians remain out of work, Flaherty said.

"We need to stay the course with our prudent low tax plan for Canadian families," he said. "During the

election campaign we were clear, if re-elected the economy would remain our government's top priority."

NDP Leader Jack Layton called the government's plan to forge ahead with its budget arrogant and said he will try to force changes in

the budget with the weight of public opinion.

"What the NDP does is raise small amounts of money from a very large number of people and that's always been our approach as New Democrats," said Layton.

THE CANADIAN PRESS

Little. Sleepy



► Ottawa city councillors were joined at the council table yesterday by members of the Big Brothers Big Sisters of Ottawa. While many of the kids enjoyed their field trip, designed to bring attention to the Big Brothers Big Sisters' funding needs, at least one youngster found the proceedings yawn-inspiring. Story, page 3.

Kids of Big Brothers Big Sisters program shown the ropes

Libya

Canadian smart bombs

► Warplanes drop laser-guided bombs on Libyan targets {page 6}

Bike to Work Month

Group campaigns to get residents out of their cars {page 4}

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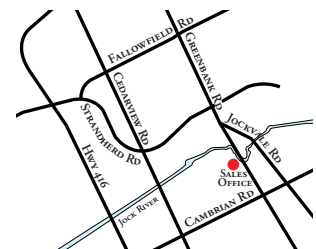
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Excitement abounds for housing unit

In June, Corrine Melanson will be joining 41 other low-income women at a new housing unit at 314 Booth St. that the Cornerstone Foundation for Women unveiled yesterday afternoon.

"It's clean, it's affordable and I won't have to pay too much," said Melanson. She added that the facility she currently

lives in on Somerset Street is neither clean nor safe.

The \$11.8-million, four-storey building was in the works for six years and Carol Burrows, chair of the Cornerstone Capital Campaign, shared Melanson's excitement.

"There's a huge deficit in affordable housing in Ottawa for all popula-

tions, especially for seniors. The senior women who are going to live here really have no other alternatives," said Burrows.

Local community groups and all three levels of government paid for the cost of the building, which includes a computer lab, kitchen and a quiet room.

JOE LOFARO



MPP Yasir Naqvi and Mayor Jim Watson cut the green ribbon with other community leaders yesterday at the unveiling of a new housing unit.

1

news

Councillors become mentors

► Grade 9 student is paired with mayor ► Wears chain of office and becomes mayor for the day



JESSICA SMITH
@METRONEWS.CA

Some laughed, some yawned, but all of the kids in the Big Brothers Big Sisters program who came to city council yesterday got a chance to see local democracy at work.

Councillors were paired with a "little brother" or "sister" who sat next to them at the council meeting and answered for them during roll call.

After the meeting, Mayor Jim Watson said Big Brothers Big Sisters is having "challenges" with regards to United Way funding.

"This is an opportunity for us to give them a little bit of exposure, so people know that there's a long

"I asked him if he was excited to be at city hall and he said he was more excited to have the day off from school, so that puts everything in perspective for all of us, I think."

MAYOR JIM WATSON ON HIS "LITTLE BROTHER'S" IMPRESSIONS OF COUNCIL

waiting list of boys and girls who want big brothers and big sisters."

This year, the organization received about \$110,000 less than they did last year from the United Way. The city isn't in a position to help the organization make up the gap, said Watson.



Linda Graupner, an active volunteer with Big Brothers Big Sisters Ottawa, hugs her "little sister" Christina Baise after being given a City Builder Award. "I can't think of anyone more deserving to get this award than her, because she's amazing, of course," said Baise about her mentor.



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On the web at
metronews.ca



Interim Liberal Leader Bob Rae says his party heard the tough message from Canadian voters loud and clear. Video at metronews.ca.



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Bike to Work Month rolls on

► Biketoworkottawa.com tracks amount of greenhouse gas emissions saved by cycling



JOE LOFARO
@METRONEWS.CA

Cycling enthusiasts wrapped up their Bike to Work Month campaign this year with a final push to

convince Ottawa residents to get out of their cars and onto their bikes as they commute to and from work. More than 800 cyclists pledged online to bike to work during May and over 300 visited "celebra-

tion stations" this year.

"The celebration stations are all about celebrating, congratulating people ... and seeing what makes them decide to commute to work," said Jessica Wells, program co-ordinator at Enviro Centre.

Hosted by the City of Ottawa and co-ordinated by

Enviro Centre, the organizers invited cyclists to three different stations in the region where they could get their bikes adjusted for free, and grab bike flags, maps, and other freebies.

The Centre's program manager, Elyse McCann, said the city's investments in cycling infrastructure

mean biking to work is becoming a viable option.

"I definitely think that we live in a fabulous city that's very viable with the various facilities ... including the NCC pathways, but also some on-road facilities like segregated bike lanes coming onto Laurier," said McCann.

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City plans water main assessments

City staff are preparing an investigation into Ottawa's drinking water system that will cost more than \$250,000.

They aim to try to prevent another water main break like the one that forced an outdoor water ban in South Ottawa. News of the cost came in a verbal staff report to council yesterday.

"We're going to be looking at (all 200 kilometres of) water mains in Ottawa and figuring out which are going to be more vulnerable than others," said Dixon Weir, director of water and wastewater services, yesterday. "Are there circumstances that occurred in the Woodroffe failure that are similar in other locations of the city?"

200 There are 200 kilometres of water mains in Ottawa.

The first step — prioritizing which pipes are similar to the Woodroffe water main and most likely to break — will cost \$250,000, but hiring outside contractors to then go out to assess the pipes will cost more, he said. ● JESSICA SMITH

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No cuts, staff say

► Worries of inferior service if hours reduced at Kanata retirement home



SEAN
MCKIBBIN
@METRONEWS.CA

Nursing, housekeeping and kitchen staff picketed a retirement home in Kanata yesterday to protest plans to cut wages and hours.

The changes at the Kanata Retirement Residence violate the collective bargaining agreement between owner Revera Re-

tirement and CAW Local 830, said Elaine Walker, the local's president.

"They're not doing it properly," she said.

A few of the roughly 100 residents joined the picket, including Pierre Lalonde, 62. "I'm concerned about the cutting of hours and the service we're going to be getting," he said.

Colleen Allen, executive director of the residence, said Revera is "continually

evolving its approach to delivery of quality care to our seniors. From time to time staffing changes are necessary."

Allen would not comment on whether the staffing changes are permissible within the collective agreement nor on how many of the 28 employees will be full-time once the changes are complete.

WITH FILES FROM BLAIR EDWARDS/KANATA KOURIER-STANDARD



► Pierre Lalonde joins picketers outside Kanata Retirement Residence.

KEVORK DJANSEZIAN/THE ASSOCIATED PRESS



► Lennox Lewis, pictured in a 2001 fight with Hasim Rahman in Las Vegas, is guest of honour at tonight's Ringside for Youth benefit for the Boys and Girls Club.

Heavyweight champ strikes blow for youth charity

Former heavyweight champ Lennox Lewis is tonight's special guest at the 17th edition of the Ringside for Youth Boys and Girls Club benefit in Ottawa.

The gala event at the Aberdeen Pavilion at Lansdowne Park also features a performance by Canadian rock legend Sass Jordan.

"It's a unique event. Nobody really does something that brings in a headline boxer like the guys we've had," said Sheryl Bennett-Wilson, a committee member of Ringside.

Past guests from the boxing world include Buster Douglas, Marvelous Marvin Hagler, Jake LaMotta, Larry Holmes and Smokin' Joe Frazier.

Lewis won a gold medal

for Canada at the 1988 Olympics and defeated Mike Tyson in the eighth round of a bout in 2002.

Organizers are aiming to raise \$130,000 for the Boys and Girls Club of Ottawa, which provides after-school programs for at-risk youth. Amateur boxers from Ottawa have been invited to fight in five rounds of boxing.

Bennett-Wilson said the Boys and Girls Club does a great job at keeping its 4,500 members safe, free of charge.

"Basically, we're giving kids another option and that's why they've got homework clubs and sports activities, and a lot of the former members come back and act as mentors to some of the younger kids too," she said.

JOE LOFARO

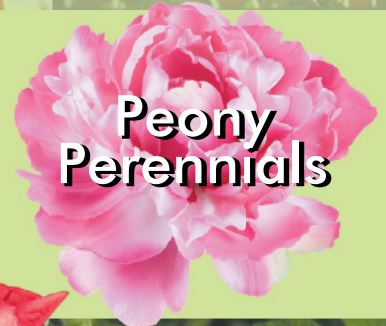
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Our smart bombs rain on Libya

► Military says Canada's jets dropped 240 laser-guided missiles

Canadian warplanes have dropped 240 laser-guided bombs on Libyan targets since March 31, the military says.

But the Canadian Forces won't reveal two other key aspects of the country's mission in Libya.

The questions:

What's the cost to taxpayers of those 227-kilogram bombs?

What's the price tag for the Libya mission to date?

Brig.-Gen. Richard Blanchette revealed the number of bombs in the weekly briefing on Canada's participation in the NATO-led air campaign.

Just a week earlier, he deemed that information off limits for "operational security" reasons.

NDP Leader Jack Layton said the time has come for

Military silence

► The UN-backed mission began as an effort to protect civilians but has since morphed into a ferocious assault on Tripoli targets.

► The Canadian military won't say whether Canadian pilots are part of the stepped-up air offensive.

the government to come clean on the dirty details of Canada's participation in the United Nations-sanctioned international military campaign to protect civilians from attacks by their leader, Moammar Gadhafi.

Layton called yesterday for a full debate with Canada's participation about to enter its third month.

THE ASSOCIATED PRESS



► Machine guns hang from a tree as rebels rest in a makeshift military camp near Misrata, Libya, yesterday.

RODRIGO ABD/THE ASSOCIATED PRESS

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Sorento EX-V6
Luxury shown

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Rondo EX-V6
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News in brief



Rae named Grit interim leader

OTTAWA. Bob Rae has been chosen as interim leader of the devastated federal Liberal party.

The Toronto MP and former Ontario NDP leader will fill the role until a permanent successor to Michael Ignatieff is elected.

THE CANADIAN PRESS

Coyote cull

HALIFAX. More than 2,600 coyotes were killed during

the first year of Nova Scotia's \$20-per-pelt bounty hunt on the animals, about 900 more than the year before.

The animals have been showing up in more populated areas in recent years.

THE CANADIAN PRESS

Quebecers lament poor treatment amid flood

AID. Residents of the flood region near Montreal — from local mayors to homeowners — are venting their frustration at the federal government's handling of the crisis.

They say the Canadian Forces arrived too late, appeared unprepared once they arrived, began withdrawing too early and, now, are failing to help with the cleanup.

THE CANADIAN PRESS

AG goes out with a bang

► Retiring auditor general Sheila Fraser delivers warnings ► Interim AG will be named next week

Auditor general Sheila Fraser delivered a farewell address yesterday in typical blunt-spoken fashion — warning government to start counting the costs of climate change and addressing the “quite tragic” living conditions of First Nations peoples.

Fraser's eventful, politically charged 10-year term as auditor general ends on Monday.

While the bespectacled, matronly 60-year-old said she believes retired auditor generals should “sort of fade away,” she made sure to leave with a bang.

In a luncheon speech to hundreds of Ottawa power brokers and bureaucrats, Fraser said Canada has to start measuring the massive, long-term financial hurdles of the future.



► Auditor general Sheila Fraser

“With our aging population, the far-reaching impact of climate change and

the need to replace much of our infrastructure, Canadians need to better

Watchdog

► Auditor general Sheila Fraser is legendary for blowing the lid off the sponsorship scandal under the Chretien Liberals, famously stating in 2002 that civil servants “broke just about every rule in the book.”

► She was the third “most trusted Canadian” in a Readers Digest poll published this month (behind David Suzuki and building contractor Mike Holmes).

understand the challenges ahead and how the public purse will be managed,” she said.

Many other countries and several provinces, she said, provide long-term financial projections looking up to 75 years into the future.

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Protest. March



► Nepalese police officers stand behind a sign that reads "restricted area" during a march by Nepal's National Democratic Party toward the Constituent Assembly building in Katmandu yesterday.

GEMUNU AMARASINGHE/THE ASSOCIATED PRESS

Extension rejected

Nepal's pro-monarch National Democratic Party is demanding that the term of the Constituent Assembly not be extended and fresh elections be held.

Kids killed in Syrian crackdown?

► Opposition group identifies one child who died under "severe torture"

More than 25 children, some of them tortured, are among the victims of the Syrian government's deadly crackdown on an uprising that has killed more than 1,000 people over the past two months, an opposition group said yesterday.

The Local Co-ordination Committees in Syria, which helps organize the protests against President Bashar Assad, identified

the children and the circumstances of their death. Syria has blocked media access in the country, making it impossible to verify the reports independently.

The children ranged in age from five to 17. Many appeared to have been killed in crossfire, such as Mahmood Alkadree, 12, who was struck by four bullets when he went out to buy bread for his family

in the Damascus suburb of Douma, the statement said.

The body of 15-year-old Ahmad Radwan was found in the orchards of the coastal town of Baniyas, shot once in the stomach and once in the chest.

Majd Ibrahim Alrfaee, a seven-year-old girl from the southern province of Daraa, died from a gunshot to the abdomen, the report said.

The statement said that 13-year-old Saleh Ahmad Alkhateeb was kidnapped by security forces on April 29 in Daraa, only to be found dead the next day "covered with the effects of severe torture."

Assad appears determined to crush the revolt, which is posing the most serious challenge to his family's 40-year ruling dynasty.

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metro

metronews.ca
THURSDAY, MAY 26, 2011

G8 leaders warned: Don't restrict Internet freedom

► More than 60 countries, and growing, have some form of Internet censorship in place: Activist

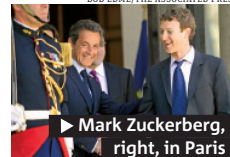
Internet activists and digital entrepreneurs warned yesterday that if global leaders attempt to limit access to the web, their restrictions will be bypassed and they will become irrelevant.

The stark message adds to growing resistance — from big-name companies like Google and Twitter to anonymous Internet vigilantes who have attacked government censorship networks — against creeping laws that might one day restrict services many users now take for granted.

The leaders of the Group of Eight most powerful countries begin meeting in France today to discuss issues of global concern in the wake of the Arab uprising that have been described as the first

Facebook or not

BOB EDME/THE ASSOCIATED PRESS



Facebook founder Mark Zuckerberg has played down the importance of the social networking website for the popular revolutions that toppled

presidents in Egypt and Tunisia.

- Zuckerberg says the wave of protests against autocratic governments sweeping through the Arab world could have been organized using other websites.
- The 27-year-old says "it would be extremely arrogant for any specific technology company to claim any meaningful role."

Internet-enabled revolutions.

"G8 governments should say very clearly for once that Internet access is a fundamental human right," said Jean-Francois Julliard, who heads free speech

group Reporters Without Borders.

Tony Wang, Twitter's general manager for Europe, said attempts to crack down on free expression are self-defeating.

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Shooting suspect mentally unfit for trial

► Arizona rampage wounded U.S. Rep.
► Loughner's 'angry' outburst in court results in officials dragging him out

The man accused of wounding U.S. Rep. Gabrielle Giffords and killing six in a shooting rampage in Arizona is mentally incompetent to stand trial, a judge ruled yesterday after two deputy marshals dragged the man out of the courtroom because of an angry outburst.

As survivors of the deadly January attack looked on, Jared Lee Loughner lowered his head, raised it and said what sounded like "Thank you for the freak show. She died in front of me."

His words were loud but indistinct, and it wasn't

"Thank you for the freak show. She died in front of me."

JARED LEE LOUGHNER'S LOUD BUT INDISTINCT WORDS HEARD IN COURT

clear who he was talking about. He wore a khaki prison suit and sported bushy, reddish sideburns.

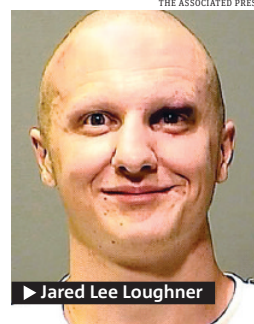
U.S. District Judge Larry Burns' decision means the 22-year-old will be sent back to a federal facility in Missouri for up to four months, where doctors will try to medicate him to see if they can restore his competency to a point where he understands the case against him.

The ruling came after

Burns said two mental health professionals had concluded Loughner suffers from schizophrenia and is mentally unfit for trial.

Loughner spent five weeks at a federal facility in Springfield, Mo. The judge said neither expert thought Loughner was faking his mental health problems.

Loughner has pleaded not guilty to 49 federal charges stemming from the Jan. 8 shooting at a meet-and-greet event that



wounded Giffords and 12 others and killed six people, including a 9-year-old girl and a federal judge.

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Hacking victims blasé with Sony

▶ Little fallout expected among people ▶ Complaints centre on entertainment giant's communication

David Campbell found out yesterday morning he was one of 2,000 Sony Ericsson customers from Canada whose personal data had been stolen and posted online for anyone to see.

He's been through a case of online fraud before and is resigned to the fact that information stored on the web is at risk. So he wasn't overly concerned to learn that his name and email were being shared

by hackers. But he doesn't appreciate that Sony didn't alert him to the latest security breach to hit the entertainment giant.

"I guess (the data breach) is disappointing but in this modern day you'd probably be a little foolish to think that anything's safe," said Campbell, who works with the Stratford Shakespeare Festival.

Sony has been hit with a number of hacker attacks

in recent weeks, the most notable coming last month and affecting more than 100 million accounts of PlayStation Network and Qriocity users. Names, birth dates, email addresses and log-ins were compromised.

The company said in a statement issued yesterday that hackers on Sony Ericsson's Canadian site only accessed email addresses and encrypted passwords.

THE CANADIAN PRESS

Energy. Switzerland



▶ A plume of evaporated cooling water streams out of the nuclear power plant in Goesgen, Switzerland.

MARTIN RUETSCHI/THE ASSOCIATED PRESS

Swiss mull nuclear plan

The Swiss cabinet yesterday called for the decommissioning of the country's five nuclear power reactors and new energy sources to replace them.

BARGAINING TABLE

Post office won't shut this week

Canada Post said yesterday there is enough time to negotiate a "fair and reasonable" settlement with postal workers since there's no potential for a strike this week.

Both sides were back at the table yesterday to continue negotiations aimed at avoiding a labour disruption.

"With no potential for a strike this week, there is plenty of time to negotiate a fair and reasonable deal," Canada Post said in a

statement.

Under labour laws, each side has to give 72 hours' notice before beginning a strike or lock-out.

Canada Post rejected its union's latest contract proposal Tuesday, saying the offer would increase labour costs by \$1.4 billion but then made a counter-proposal.

"Even with a continued decline in mail volumes and a \$3-billion pension solvency deficit, Canada Post has tabled a competitive counter-offer to CUPW that gives employees better wages and protects their pensions and job security," the Crown corporation said yesterday.

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Molson dynasty rules beer giant again

A seventh generation of the Molson family is taking the helm of Molson Coors as the brewer seeks to extend its global reach into emerging countries.

Andrew Molson, 43, becomes chairperson today, replacing Peter Coors as part of the biennial shift between the beer company's founding families.




The change comes as Molson celebrates its 225th anniversary of its entry into the Canadian beer industry.

Molson told shareholders yesterday the company plans to grow international sales of its existing Coors Light, Carling and Molson Canadian brands and pursue acquisitions.

Its international division grew beer volume by 27 per cent in 2010.

THE CANADIAN PRESS

Market moment

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BRIAN ASH/3PM YESTERDAY

Abrupt exit for Tim Hortons CEO

FRANK GUNN/THE CANADIAN PRESS



▶ Tim Hortons president and CEO Donald Schroeder.

Tim Hortons is hiring — Canada's No. 1 coffee chain is looking for a new leader after the abrupt departure of its CEO. The company announced yesterday that Don Schroeder, 65, no longer serves as president and CEO after three years at the helm and two decades as an employee.

Tim Hortons' board said it believes a change at the top at this time is best for the company. In the meantime, executive chairman Paul House, who has previously held the position of

president and CEO, will take on the role on an interim basis.

The board said it was already engaged in comprehensive succession planning for the CEO position as part of its strategic planning.

Tim Hortons did not say why Schroeder was leaving so suddenly, but Brian Yarbrough, a retail analyst at Edward Jones in St. Louis, believes the fact that it could not reach a "transitional arrangement" is key.

THE CANADIAN PRESS

Metro now on Android for readers

Metro has become the first Canadian newspaper to launch a free downloadable Android application to offer access to Metro content on the go.

The app detects which of Metro's nine Canadian cities you are in.

If you have an Android smart phone and have been itching for a news application, then your wait is over.

● METRO

Blockbuster brand may play a starring role

Despite hard times, Blockbuster Canada's brand power could make it an attractive acquisition target, even as it closes stores while Canadians increasingly turn to new technology to watch movies.

But industry experts say stores would need to sell a wider variety of merchandise if they want to survive long term.

Dish Network bought the U.S. locations.

THE CANADIAN PRESS

Europeans claim China is unfair

► 20% of firms look to suspend or reduce investments ► Wind power companies scrapping plans to invest

A growing number of European companies in China believe they are being treated unfairly by the government and expect discrimination to increase, a business group said.

The European Chamber of Commerce in China's report adds to mounting complaints that Beijing is violating its free-trade pledges as it tries to build up technology industries and global competitors.

WTO pledges

Despite three decades of reform, China's heavily regulated economy is dominated by state-owned companies.

► Beijing is trying to build up "national champions" in industries from banking to oil to shipping, prompting complaints it is violating the spirit of pledges it made when it joined the World Trade Organization.

The chamber said 43 per cent of 598 European companies surveyed see Beijing discriminating against foreign businesses, up from 33 per cent in a similar survey last year. It said 46 per cent expect the

problem to get worse over the next two years, up from 36 per cent last year.

Beijing has pledged to treat foreign and domestic companies equally but Chinese producers in computers, clean energy and other fields receive subsidies and preferential treatment in government purchasing.

Access to the world's second-largest economy is especially sensitive at a time when other govern-

ments are trying to create jobs following the 2008 global financial crisis.

The American Chamber of Commerce in China said in a report last month that U.S. companies believe China's protectionism has worsened since the crisis and they are being hurt by its technology policies.

In a report last month, the European chamber said foreign companies are treated unfairly in China's

government procurement, a market worth an estimated 6.8 trillion yuan (\$1 trillion) a year.

Despite complaints, many European companies see China as a key part of their global plans, the chamber said. It said 59 per cent of those surveyed plan to make a major investment in China in the next two years, up from 48 per cent in last year's survey.

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CAN'T WE ALL JUST GET ALONG?

HE SAYS ...

JOHN MAZEROLLE
METRO



I have a stunning secret to reveal about cars and bicycles: *They're controlled by people.*

Weird, huh? It sounds Soy-lent Green, but it's true. If you look closely and aren't

blinded by anger, you might even see a "cyclist" or "driver" yourself.

This little-known nugget must be revealed because I have bought a bicycle. I haven't ridden it yet because the shop is adding all the doodads needed in the modern urban cycling environment — pre-made legal forms, James Bond-style nail strip, basket with a flower on the front — but soon I'll be a cyclist.

In other words, I'm about to get a new perspective on the long-running feud that is Cars vs. Bikes. (Note the dehumanifying.)

What has always amazed me about this conflict is that the vast majority of people have both biked and driven cars. Everybody is on both sides. Yet to hear the

"discussion" you would assume it was two different species that only ever contact each other on North America's roadways.

Why? My theory is that each group has an Idiot Quotient that ends up dominating the discussion; we literally remember the hits and forget the misses.

The worst cyclists, for instance, seem to compensate for their small carbon footprint by taking up as much roadway as possible. They also have a sort of persecution complex, where they see every open car door as an attempt to

"My theory is that each group has an Idiot Quotient that ends up dominating the discussion; we literally remember the hits and forget the misses."

injure. And while I have some tolerance for bikes on sidewalks, it's unacceptable to barrel down a sidewalk like Fred Flintstone stuck in his runaway Stoneway piano yelling, "Make way!"

The worst drivers, meanwhile, start complaining about The War on the Car if anything slows them down, including inertia. Never mind that they can get home faster than any human in history. If a Star Trek transporter beam existed and a three-minute delay could save the Alpha Quadrant, people would rant about The War on the Beam and how it's their right to use the fastest, space-time continuum-tearing transporter available.

So I get it: Some of the anger on both sides is justified. But as someone with both a driver's licence and a bicycle, I say it's time for a new era.

After all, are we not human? If you scratch our vehicles, do we not curse and try to remove it with our thumb? If you wrong us, shall we not give you the finger and say, "Can you believe that guy?"

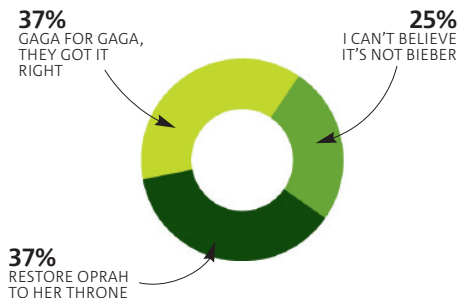
We must put aside our differences, stop stereotyping each other and remember our shared, common goal: Hatred of pedestrians. Those people are idiots, am I right?

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metrolifepanel.ca
and take the quick poll

What do you think of Lady Gaga dethroning Oprah Winfrey as the most powerful celebrity in the world, according to Forbes?



Worth mentioning

LONDON. Canada has cracked the top 10 in a global security assessment that ranks countries based on how peaceful they are.

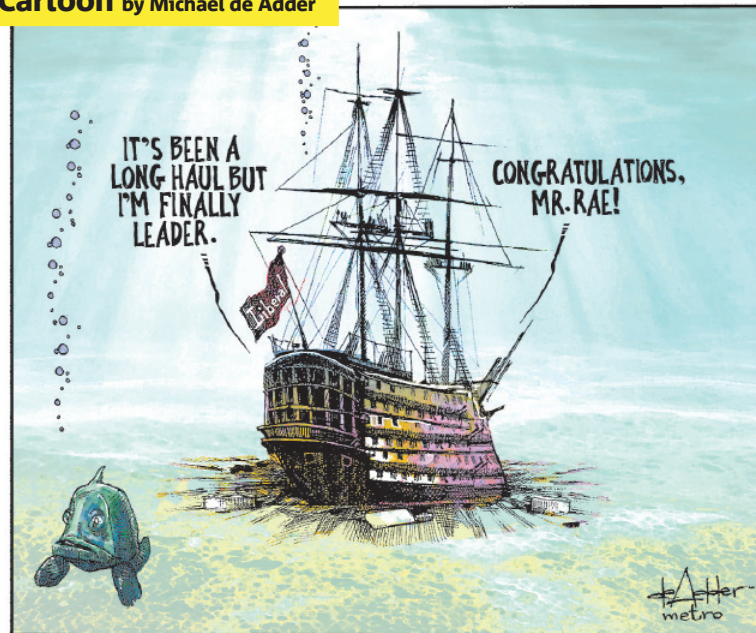
The Global Peace Index ranked Canada eighth out of 153 countries, a six-spot jump over last year.

The index, produced by the Institute for Economics and Peace (IEP), suggests North America overall has improved slightly thanks in part to Canada's rise in the rankings. The United States was 82nd, compared to 85th last year. The index says if the U.S. reduced its violent crime rates to that of Canada's, the U.S. economy and its state governments could save billions of dollars on correctional services, health care and lost tax revenue.

Iceland regained the top spot after slipping in last year's index following violent demonstrations related to the collapse of its financial system, while Libya tumbled 83 spots to 143 in the largest drop in the index's history. Overall, the index found the world is less peaceful for the third straight year.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Margaritaville has moved to a Mexican prison

Some prisoners learn woodworking or licence-plate making. But bartending?

A prison workshop in northern Mexico where inmates were supposed to be learning trades was found to contain a bar behind bars — complete with beer, vodka, tequila and billiard tables.

Federal police and local authorities discovered the bar Monday at a mini-

mum-security prison in the northern state of Chihuahua, the state attorney general's office said in a statement.

Seized from the site were 20 bottles of vodka, 12 bottles of tequila, and 200 beer cans. Police also found three guns, 20 cellphones, 180 individual doses of marijuana and 90 doses of heroin.

The prison's deputy director was fired yesterday and prison guards are under investigation, said Jorge Chaires, a spokesman for the state's prosecutor for prisons.

Also yesterday, guards conducting a routine check at a prison in the northern state of Tamaulipas discovered 17 inmates missing, the state's Public Safety Department said in a statement. **THE ASSOCIATED PRESS**

Snailhouse hits Ottawa to promote new album

► Seventh album, *Sentimental Gentleman*, features buzz-worthy guests ► Mixed by Arcade Fire's Gara

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



Mike Feuerstack is the driving force behind Snailhouse — a solo effort that includes a few core band members and a collection of contributing artists. He's been making music under that pseudonym since the mid '90s.

Sentimental Gentleman is his seventh full-length album and, like past releases, there's no shortage of guest appearances on this record, including buzz-worthy pedal steel guitar player Matt Sutton, who contributed to two songs from his home in New York City.

"That was a fun way to collaborate and the result is always a treat for me to listen to," says Feuerstack.

And there's even an Ottawa connection on the

new record — Arcade Fire drummer Jeremy Gara, who grew up in Ottawa, mixed the album.

Snailhouse has spent the past few weeks touring through Europe — where *Sentimental Gentleman* has been out for nearly two months — and, after a few tours in recent years, they're starting to acquire a following there.

"There are always a few familiar faces and some new introductions," says Feuerstack.

They're also experiencing some cities for the first time, walking away with some pretty cool memories, especially from the Italian leg of the trip.

"After our show in Terni," Feuerstack says, "we slept in the venue, which was an ex-elementary school. We got locked in for the night in this creepy dilapidated grade school. It's kind of an apt symbol for touring — you have to make your home in unusual and unexpected environments."

Sentimental Gentleman

What's going on

► The Gloucester Fair.

There's lots going on at the Gloucester Fair at the Rideau Carleton Entertainment Centre this weekend: rides, a demolition derby and arm wrestling. Tickets are \$20 for admission and a ride-all-day bracelet. For more information, visit gloucesterfair.ca.

► Live music at Zaphods.

Check out an all-local lineup at Zaphods on Saturday night, featuring punk rockers Pretty Little Death Machine, with Mayday! Mayday! and Descendant. Stick around for The Electric Ballroom with DJ Matty.

dropped here in Canada on Tuesday. To coincide with the release, the band is hitting the road for a Canadian tour that includes a stop at Mavericks (221 Rideau St.) tomorrow night. Tickets are available at Vertigo Records, The Record Shaap and TicketMaster.



► Snailhouse heads across Canada, including a stop in Ottawa this weekend.

2

scene

Wedding bells

Another hoops star will join the Kardashian clan. People magazine reported yesterday that reality star Kim Kardashian is engaged to her boyfriend of six months, New Jersey Nets forward Kris Humphries.

THE ASSOCIATED PRESS



Stephen King says creative differences are solved, musical written with Mellencamp is ready. Scan code for story.

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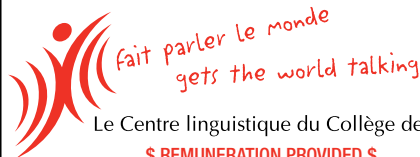
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Oprah says her goodbyes

Oprah Winfrey walked on stage for her talk show finale yesterday to a standing ovation from her studio audience before thanking her viewers for watching for a quarter of a century.

"Twenty-five years and I'm still saying 'Thank you America,'" Winfrey said. "Thank you so much. There are no words to match this moment."

Winfrey told them that sometimes she was a teacher, but more often her viewers taught her. She called the episode her "last class."

The show's first moment was a clip of Winfrey's first show. She taped the last episode of The

Oprah Winfrey Show on Tuesday in Chicago.

Winfrey was the only person on stage with little background music and very short flashback clips.

"When she came out, her appearance, the way she stepped on stage and the message she brought about finding yourself, your purpose," said audience member Wanda Nash, 47, of Chicago, an executive assistant and foster parent. "It was all about Oprah."

Winfrey kissed and hugged her longtime partner, Stedman Graham, and made her way through the halls of Harpo Studios, saying goodbye to her staff, au-

dience members said.

Winfrey announced in November 2009 that she would end her popular talk show after 25 years.

Tuesday's taping came a week after Hollywood's A-list and 13,000 fans bid Winfrey farewell during a double-episode extravaganza at Chicago's United Center. They were just a few of the approximately 30,000 guests on the show over 25 years.

The bare-bones final taping had its share of celebrities in the audience including Tyler Perry, Maria Shriver, Suze Orman and Cicely Tyson, but none of them joined Winfrey on stage. **THE ASSOCIATED PRESS**



► Kimberly Adams of Chicago stands outside Harpo Studios before the final taping of The Oprah Winfrey Show in Chicago, Tuesday. The finale aired yesterday.

Comedians react

Many comedians turned to social media to contemplate a post-Oprah world. Among the notable comments made on Twitter were these:

- "Apparently Oprah is responsible for life on our planet as we know it." - Kevin Nealon.
- "I miss both Oprah and Osama. Is there a way to pair them up for something?" - Michael Ian Black.
- "Oprah Winfrey is so powerful that she had the Rapture postponed until after her final show airs." - Joan Rivers.
- "It seems so unfair! Without Oprah, how are publishers going to continue their cross-fingers/hope-to-win-the-lottery business plan?" - John Hodgman.
- "Jesus will probably be the surprise guest. She got him started." - Paula Poundstone.

THE ASSOCIATED PRESS



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**The Hangover: Part II****Genre:** Comedy**Director:** Todd Phillips**Stars:** Bradley Cooper, Zach Galifianakis, Ed Helms
🍿🍿🍿

Todd Phillips' blockbuster The Hangover most definitely captured lightning in a bottle. But the clever premise also shows that unfortunately lightning rarely strikes twice.

It's not that The Hangover: Part II isn't without its funny moments. From a scene-stealing capuchin monkey to a revealing encounter involving transvestites in a Bangkok

strip club, there are plenty of laughs. But because Phillips closely copies the structure of the 2009 hit, the gags are less surprising.

The boys head to Thailand for Stu's (Ed Helms) upcoming wedding and end up losing the bride's young brother, crossing paths with a gangster (Paul Giamatti) and taking guardianship of an old monk. **STEVE GOW**

**Kung Fu Panda 2****Genre:** Animation**Director:** Jennifer Yuh Nelson**Stars:** Jack Black, Angelina Jolie, Gary Oldman
🍿🍿🍿

There's no reason for movies about nauseatingly cute CGI animals battling in kung fu to be as entertaining as the Kung Fu Panda series, but Dreamworks Animation has stumbled onto a magic formula that's now produced a sequel on par with the original.

Kung Fu Panda 2 returns to Jack Black's big bellied panda who must now use the skills he acquired in the first film

to take on a devious peacock (Gary Oldman) who plans to take over China and destroy kung fu, while also trying to find his real parents.

The balance between thrills, humour, and heart feels even more effective in Jennifer Yuh Nelson's sequel, but don't expect the depth of a Pixar movie. The Kung Fu Panda series is more about giddy entertainment.

PHIL BROWN

"THE WOLFPACK DELIVERS AGAIN!"
Shawn Edwards, FOX-TV

RELENTLESSLY WRONG AND FUNNIER THAN THE FIRST."
Mark S. Allen, THE CW

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OTTAWA

COLISEUM OTTAWA

3090 Carling Ave., 613-596-9475

The Hangover Part II (18A) Thu 3:40-6:30-

9:20 Thu 4:50-7:40-10:15

Kung Fu Panda 2 (PG) Thu 4:20-7:05-9:40

Kung Fu Panda 2 3D (PG) Thu 3:10-6:10-9

EMPIRE 7 CINEMAS

111 Albert St., 3rd Floor,
World Exchange Plaza, 613-233-0209

The Hangover Part II (18A) Thu 3:30-4:30-7:9-10-9:40

SOUTH KEYS

2214 Bank St., 613-736-1115

The Hangover Part II (18A) Thu 10:30-11:1-25-2:40-4:40-7:30-9:40-10:10

Kung Fu Panda 2 (PG) Thu 11:05-1:55-4:25-7:15-9:55

Kung Fu Panda 2 3D (PG) Thu 10:35-1:20-3:55-6:45-9:30

GATINEAU

CINÉMA DES GALERIES D'AYLMER
400 boul. Wilfrid-Lavigne,
819-248-2526

The Hangover Part II (13+) Thu 7:10-9:30

GATINEAU 9

120 boul. de l'Hôpital, 819-568-6070

Kung Fu Panda 2 (G) Thu 7:20-9:25

Kung Fu Panda 2 3D (G) Thu 6:45-9:10

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115 boul. du Plateau, 819-770-1090,
cinemasfortune.ca

The Hangover Part II (13+) Thu 1:05-4:7-20-10:10



► The Hangover Part II opens today.

Kung Fu Panda 2 3D (G) Thu 12:40-2:55-5:10-7:40-9:55 Thu 12:25-2:40-4:55-7:05-9:20

BARRHAVEN

BARRHAVEN CINEMAS

131 Riocan Dr., 613-825-2463

The Hangover Part II (18A) Thu 5:8-20

Kung Fu Panda 2 3D (PG) Thu 4:50-7:50

GLOUCESTER

SILVERCITY

2385 City Park Dr., 613-688-8800

The Hangover Part II (18A) Thu 1:20-1:50-4:20-4:50-7:20-7:50-10:10-10:35 Thu 12:20-3:20-6:50-9:30

Kung Fu Panda 2 (PG) Thu 12:50-3:55-6:10-8:40

Kung Fu Panda 2 3D (PG) Thu 12:05-2:30-5:10-7:45-10:20

ORLEANS

EMPIRE THEATRES ORLEANS 6 CINEMAS

3752 Innes Rd., 613-830-4400

The Hangover Part II (18A) Digital Thu 4:6:30-7:05-9:45

Kung Fu Panda 2 (PG) Digital Thu 4:20-7:10-9:30 Digital Thu 3:25

Kung Fu Panda 2 3D (PG) Thu 3:30-6:40-9:15

KANATA

KANATA 24

801 Earl Grey Dr., 613-599-1200

The Hangover Part II (18A) Special Engagement Thu 2:3-4:5-6:45-7:15-7:45-8:15-9:15-9:45-10:15-10:45

Kung Fu Panda 2 (PG) Special Engagement Thu 3:5-5:7-7:30-9:45

Kung Fu Panda 2 3D (PG) Special Engagement Thu 2:30-3:30-4:45-5:45-7:8-9:15-10:15

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Putting the hammer down on kissing Leo

► J. Edgar star opens up about his new make out scene with co-star DiCaprio



► Armie Hammer

ALL PHOTOS GETTY IMAGES

For his latest film, J. Edgar, Social Network star Armie Hammer faced a new challenge: making out with Leonardo DiCaprio.

"It's the same kind of thing as if you walk onto a

it's not something I'm going to do in my private life, but at the end of it I was, like, man, there is a lot of weird hype."

One person who is definitely OK with Hammer

set and they hand you a machine gun and (say), 'Shoot this like you know what you're doing.' — You kind of have to go, 'OK, I know what I'm doing,' and you've just got to go for it," Hammer tells Just Jared.

"It wasn't weird — I have never kissed a guy —

and DiCaprio locking lips is Hammer's wife, Elizabeth Chambers.

"When I signed on to do the movie, she was thrilled that I just didn't have to kiss another woman," Hammer says of her reaction.

● METRO

Talking points

Shriver hires private eye to look at some of the rumours

MORE CHILDREN? Maria Shriver will likely be filing for divorce by the end of the week, according to Entertainment Tonight.

And earlier this week, Radar Online re-

Celebrity tweets



We all end up on twitter. Welcome!



@GarryShandling



@taylorswift13

"It's the guy who played Chew-bacca's birthday today so we made a cake."

@Pink

"this baby just drop kicked me in the ribs. fight fair!"



@joelmchale

"Saw @johnlegend destroy at the Sony TV event tonight. His voice melted three women that were standing too close. So good."



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Going buck Wilde with Cooper

Just a month after being spotted out with Justin Timberlake, recently divorced Olivia Wilde is reportedly dating Bradley Cooper, according to Life & Style.

"Olivia was Bradley's date," a source says of the two, who attended the Hangover Part II premiere party in New York together.

"He was always taking

her hand or putting his hand on her lower back, it was really sweet. He took care of her all night."

Other attendees of the party concurred with that assessment.

"They were definitely together," adds another source.

"They seemed really comfortable with each other."

● METRO



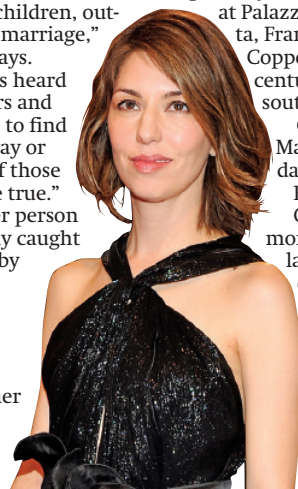
► Olivia Wilde

ports, the former California first lady is said to have hired a private investigator to dig into husband Arnold Schwarzenegger's past.

"The investigator will likely look into the claims that he fathered multiple children, outside their marriage," a source says.

"Maria has heard the rumors and she wants to find out one way or another, if those claims are true."

Another person completely caught off guard by news of Arnold Schwarzenegger's love child with former employee Mildred Baena is her ex-



Coppola getting ready to marry

KISS THE RING? Sofia Coppola is planning to marry her longtime boyfriend and the father of her children, French rocker Thomas Mars, according to Us Weekly.

The happy couple will reportedly exchange vows at Palazzo Margherita, Francis Ford

Coppola's 19th century villa in southern Italy.

Coppola and Mars have two daughters:

Romy, 4, and Cosima, 23 months. Coppola was previously

married to director Spike Jonze, but they divorced in 2003.

● METRO

3
life

Gay rights



In a human rights campaign video, the Vogue Editor-in-Chief states, "I'm Anna Wintour in support for marriage equality. As far as I'm concerned, having the right to say, 'I do' is as fundamental as the right to vote."

● RICHARD PECKETT



Michelle Obama and Duchess of Cambridge bring high style to Buckingham Palace.

ALEJANDRO INGELMO. FASHION'S FUTURE SOLE STAR

► Alejandro Ingelmo is a fourth generation shoe maker who, for the second time, is up for a prestigious CFDA award ► He likes sci-fi and hates kitten heels.



KENYA HUNT
METRO WORLD NEWS

It's warm and humid outside and his London showroom doesn't have air conditioning.

But somehow Alejandro Ingelmo manages to look cool, clean and crisp in his white button-down shirt and tie as he walks me through his collection.

His classic, slightly restrained, retro appearance is a bit deceptive, though. This is a man who makes shoes that ooze sex of the futuristic, rock and roll variety and appeal to mega-celebrities like Beyoncé, Jay-Z, Madonna and Justin Timberlake.

Women who frequent the mecca that is his New York store have claimed that his tall stilettos elicit visceral reactions like shortness of breath and heart palpitations. Lucky for you, his e-commerce shop will launch in a few weeks.

Has the fact that you come from such a long line of shoe cobblers helped your career at all? Well I think I had a harder

time. I went to Parsons and went in a totally different direction from my family. I didn't get any help from them. My dad is proud of me, but he doesn't understand what I do at all [laughs].

Are there any common footwear faux pas that you see on the street that make you wince?

I hate those platform shoes with the see-saw on the bottom. What are they called? They're supposed to get rid of cellulite.

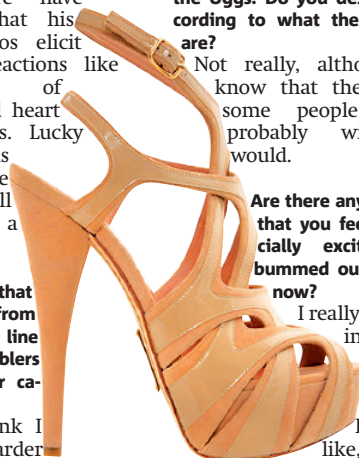
But what's the point of those things? They're so bad, and they're everywhere. And I know you girls like them, but Uggs are just Ugg-ly, OK?

For the record, I'm with you on the Uggs. Do you design according to what the trends are?

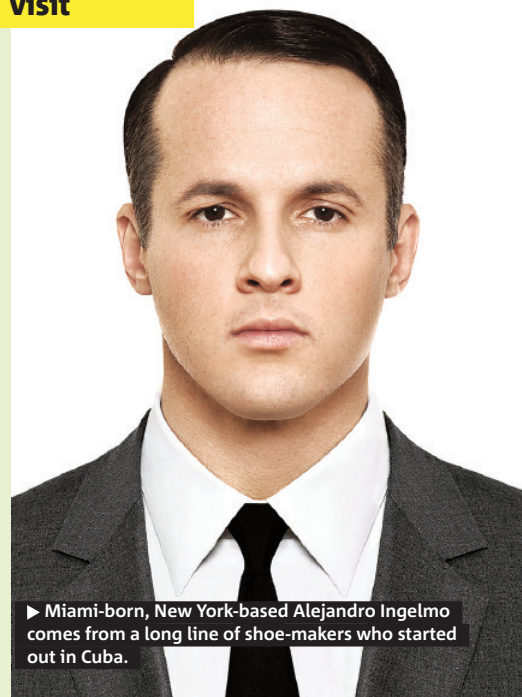
Not really, although I know that there are some people who probably wish I would.

Are there any trends that you feel especially excited or bummed out about now?

I really wasn't into the kitten heel at all. I'm like, either



Studio visit



► Miami-born, New York-based Alejandro Ingelmo comes from a long line of shoe-makers who started out in Cuba.

make the effort and commit yourself to the high heel or just wear flats.

Learn how to walk in heels or just wear flats, you know? The kitten heel is just not that sexy.

Do you think that shoes should make a woman look sexy?

I like for my shoes to make a woman not only feel sexy, but confident and strong.

And it's the same with my men's shoes. When I wear the shoes, I want to feel sexy in them. I think we all want that.

Speaking of men's, you have a

huge sneaker pimps following. The Tron style is especially hot right now. Are you a big sci-fi fan?

Oh yeah. I had the Tron Atari game when I was young.

It's funny because when I opened my store in New York, I thought I'd have all women's and just a little section of men's shoes. But now it's half women's and half men's. It's fun designing for both.

What are some common mistakes that you see women make when they purchase and wear heels?

Well, a lot of them should practice first. Don't buy more height than you can handle. When a woman goes to the store, she should ask about the pitch of the shoe.

That's something that most women don't think to do. But that's what really determines how high the shoe is, it's not so much about the heel. It's all about what's happening inside the shoe. And make sure that the shoe can hold your foot in. You don't want to be walking down the street with your toe slipping out. I think shoes are like clothes; you want to show just the right amount.

When a toe hangs out of the shoe, that's like the footwear equivalent of bad cleavage.



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When style gets swapped

► Can't find what you want in your closet? ► Browse through your friend's

The beginning of a new year was to mark the end of closet clutter for Marci O'Connor.

The Quebec-based mother of two made a resolution to declutter. Having gone through a range of sizes due to weight fluctuations, O'Connor decided to finally get rid of all the garments that no longer fit and were taking up precious real estate in her closet.

But she didn't toss her unwanted items – she took them to her Facebook page.

O'Connor posted photos and descriptions of various items including dresses worn to weddings, unworn shoes as well as pants, shirts and sweaters, offering friends a chance to take their pick and encouraging others seeking to clear out their closet to follow suit.

"The first item was a black leather bag from Rud-sak. I think that lasted 20

minutes," she recalled in an interview from Otterburn Park, Que., east of Montreal.

It wasn't long before word of the swap spread

GRAHAM HUGHES/ THE CANADIAN PRESS



► Founder of Suzieswapper Marci O'Connor poses with clothing she has acquired from swapping online.

among other online users.

"I created a Facebook page just so we could contain it and set up a couple of guidelines and rules and then it exploded," said O'Connor. "I had people from many places throughout North America and even some Europeans who asked if they could join in."

As founder of Suzieswapper, O'Connor, 40, has established a dedicated space for women seeking to talk

swap and exchange clothing for free. She estimates some 1,500 swaps have taken place since its launch last year.

Clothing swaps have long appealed to budget-conscious fashionistas seeking stylish new finds for little to no money. But online sites devoted to such trades are helping widen the availability and inventory of preloved goods.

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2 AVEDA

Sun Care Hair and Body Cleanser, \$21, aveda.com

This treatment has Morikue protein, which restores vitality to sun, sea and chlorine damaged hair.



3 KORRES

Red Vine Hair Sun Protection Spray \$17, korres.com

Save the environment and protect your hair with this protection spray. The vitamin B5 actively hydrates dry hair and leaves a silky texture.



4 BUMBLE AND BUMBLE

Crème de Coco Shampoo \$22, bumbleandbumble.com

Crème de Coco makes for an exotic shower experience thanks to both its rich coconut fragrance and its moisturizing qualities.



5 DAVINES

Moisturizing Replenishing shampoo \$21, davines.com Davines' formula of fatty acids, avocado oil and almond effectively removes chlorine residue and revives weakened hair.



6 FRÉDÉRIC FEKKAI

Marine Clean Detox Shampoo \$24, fekakai.com Fekkai's marine botanicals actively detox and replenish hair with a UV shield to prevent future fading.



7 KÉRASTASE

Soleil Huile Céleste \$37, kerastase.com

The macadamia-infused oil is designed specifically to protect against harmful UV rays.

● RICHARD PECKETT

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If you're lugging toiletries to the gym in a Ziplock, the Lululemon Gym Essentials Kit is for you. It features removable Velcro pouches to keep wet and dry sepa-

rate (because leaky shampoo bottles and eye makeup don't mix) and a retractable hook for



easy locker latching; \$38, lululemon.com.

Fit At Any Age

At 40, Tosca Reno was an overweight, single mother who always put herself last. Now 51, she's a sought-

after healthy-living expert and all-around inspiration.

Her latest book, *Your Best Body Now: Look and Feel Fabulous at Any Age the Eat-Clean Way*, reveals all her healthy-eating strategies, body-sculpting workouts and amazing recipes; \$23, eHarle-

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Need to know

CARVEN

For those of you who aren't blown away by the season's ubiquitous maxi skirt, the cute and leggy looks in Carven's spring/summer collection are like a perfectly painted porcelain bowl of water in the desert. Designer Guillaume Henry has given the historic French house a makeover with modestly priced dresses and separates that fall on the sweet and feminine side of Parisian chic. ● KENYA HUNT



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7 deadly decorating trends

► Karl Lohnes reveals the seven home decorating trends NOT to fall in love with in 2011

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

It's easy to get caught up in the new trends each year, and so far 2011 has brought forward a huge change in home decor. The 1970s and early 1980s are dominating the looks; from punchy patterns, shiny metallics to the heaven-help-us colours of painted appliances.

Trends usually come in three timelines: five-year trends like flooring, paint colours and furniture pieces; two-year trends like bedding, towels and lighting and then seasonal trends like candles, faux florals and table-top accessories. In short, the more money you spend on something, the longer it should fit its trend life.

Here's a roundup of this year's biggest decor trends that you'd be best staying away from.

ALL PHOTOS CONTRIBUTED



Grey power

All this trendy grey colour that we've been seeing is simply a way to ease our eyes away from the golden-taupe colours we were decorating with over the past 10 years.

Unfortunately grey will only be around for about one to two years so use it sparingly. Want a bit of grey to update your space and feel trendy? I suggest using it in small amounts like painting a powder room or adding grey bed sheets. For paint, choose cooler/grey-based paint colours; shadowy, cool colours are what's important to achieve, not the actual colour of grey.



Large print wallpaper

Large floral prints, metallic and velvet flocking are all reminiscent of the 1970s. Anyone who just removed the original stuff hung 40 years ago sure as heck will never be hanging it again.

I suggest using this new trend in a very selective way; use it on one wall as a focal point like behind a bed.

For less of a commitment, frame the trendy stuff in large, inexpensive Ikea frames and hang in groupings. If wallpapering the walls, be sure to prime the walls properly so that when the time comes the paper can be easily removed.



1970s-inspired furnishings

Chrome tubular, caramel leather, owl-motifs, useless ceramic and pottery figurines are iconic of the 1970s and will most likely be admired by some born after 1970.

How to use: Selectively, one '70s classic piece can absorb itself into the room without being overly noticeable and add some charm.



Coloured appliances

Cobalt blue, red, hunter green and orange; everybody remembers (or has seen) the avocado-coloured fridge and harvest-gold stove. Enough said.

How to use the new brightly coloured appliance trend: incorporate in a Mondrian-inspired kitchen using red glossy cupboards, yellow rubber floors, cobalt blue appliances, white countertops.... A chop-a-block of colour could look kind of cool... please don't add hunter green coloured appliances to a golden colonial oak kitchen — yuck.



Antique brass

There's a popularity of getting away from the shiny chrome and nickel plated finishes and going toward and unpolished brass; certainly a dramatic change. Unpolished brass, like grey paint colours is being used as a catalyst to get us away from the silvery-tones metals. I suggest using old brass finishes only on old traditionally inspired pieces. A classic old-fashioned wall sconce or brass nailhead trim on the edge of a leather wingback chair will belong forever.



Honeysuckle pink

That bright, rich pink is (by The Pantone Institute standards) the colour of 2011. It is an optimistic colour which is 'good for the times' they say. The only way I would use it is if Pantone could magically turn me into a teenage girl. Pink is one of the most difficult colours to accept in decorating although if used properly, it becomes unnoticeable. How to use: Have it as a third colour in the room, not first or second. Some great colour combinations to incorporate pink: grey/teal/pink or brown/beige/pink.



Greige-stained wood tones

It's that driftwood coloured finish on wood; think of old, worn oak that has been bleached by the sun; similar to driftwood in its texture and colour. It is meant to get our eye excited about something more than just dark espresso wood tones and we are seeing it mainly on traditional-shaped furniture. How to use: in all white rooms, a small furniture piece in a guest room; it's considered the look of new country so if country decorating is your thing... go for it.

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Update your old Furniture

► Revamping your furniture on a budget can be easy ► Experts offer a few tips for giving your worn furnishings a second life

For many homeowners, spring has brought the itch for change but not the money to do much about it.

But that doesn't mean you're stuck with Aunt Edna's floral couch another year.

More and more homeowners are rolling up their sleeves and refurbishing tables, chairs and couches themselves, designers say.

"Frugality and practicality are still at the forefront of people's minds right now, so updating and making the best of what you already have is a surefire way to save money and recycle," said Rachael Liska, senior editor at Fresh Home magazine.

It may seem daunting, especially if you're a do-it-yourself newbie, but starting small and taking your time can ease stress or anxiety.

"Think about getting a haircut, jewelry or clothes for yourself. You don't have to completely remake a piece. You can get a lot of bang for your buck, even if you're not super handy," said Danielle Claro, home editor at Real Simple magazine.



► Rub-on decals along with pansy-shaped ceramic knobs button up the look of the dresser.

Painting

Painting is by far the easiest way to spruce up an old piece of furniture.

A dull pine table can become a sleek modern piece with a coat or two of glossy black paint. Enamel paint is cheap, and spray paints now come in almost any colour you can imagine, and adhere to just about any surface, said Cindy Thomas, editor and owner of Frugalsimplicity.com.

Claro suggested painting a mirror's frame with a glossy colour, or taking an old wooden Windsor chair

and sanding it, priming it and coating it with a fresh spring colour like orange or turquoise.

Emily Henderson, host of HGTV's *Secrets From A Stylist*, offers a strict rule for painting furniture: "If the pieces are over 50 years old, don't do it," she said. "You'll lose the charm and age that makes the piece beautiful."

Staining/waxing

Instead of painting, Henderson suggests stripping and waxing old furniture to bring out the wood's beauty

and colour.

Stripping and staining is a bit more work but is still a relatively inexpensive way to change things up while keeping the furniture's original look. Don't choose a stain that's much darker than the natural wood, Henderson said, but "stick in the same tone of wood."

Embellishing/accessorizing

Painting and staining are tried-and-true techniques for updating furniture, but Liska says a fresher take is to try gilding, decouping, decal-ing, or embellishing



► Update an old lamp by covering the shade with a DIY design.



► Use spray paint to easily makeover an old spindle chair.

old pieces with materials such as decorative nail heads, leather trim, cording and tassels.

Reupholstering

Reupholstering is a lot of work and takes practice. But Henderson swears by

reupholstering and says it's not that hard if you stick to the right fabrics. "I buy pieces for \$100 and reupholster them for \$200 or \$300," she said. "It's a one-of-a-kind piece and it's customized for you."

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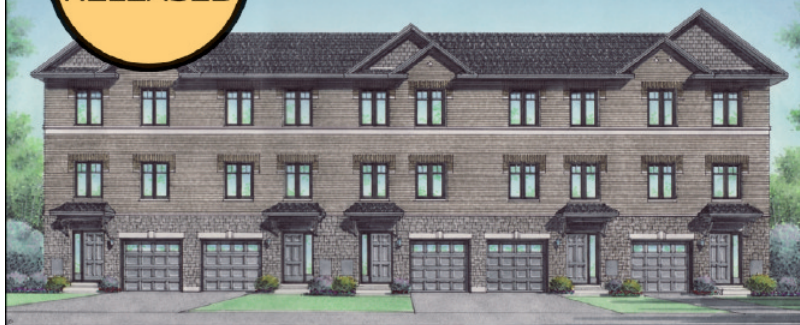
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► Is it cocktail hour yet?

48 hours to a perfect patio

► Create an outdoor oasis ► Your patio can be festive and fashionable with just a weekend's worth of work

DIY IDEAS

Ah! The warmer temperatures are bringing us back outdoors.

But before you can truly enjoy the fresh air — there are many needed updates to your patio areas to help recover from the harsh effects of old man winter.

Luckily, with a few spruce-up projects in only a weekend, you can achieve a patio revival that's simple, yet sensational.

Wash away winter

No matter what type of patio, pressure washing is a simple way to make it shine.

It offers instant gratification as layers of dirt, dust and grime are quick-

ly blasted away.

Don't have a pressure washer? Don't worry, most rental companies or home improvement centres offer reasonably priced daily rentals.

Or it's an opportunity to visit the neighbours who you haven't seen during the cold months to borrow theirs.

Bring new life to old furniture

Once your patio is clean, bring out the seating.

But have your table and chairs seen better days? Fortunately, you can easily turn something ready for the trash into a new treasure by updating it with a coat of spray paint.

To start, lightly sand and clean the entire surface. Next, spray the entire piece of furniture with a new, updated paint colour.

Petals and pots with pizzazz

Finally, liven up your patio with beautiful flowers. But just as important as the pretty petals, is planting them in the perfect pot. Terra cotta pots are ideal since they come in a variety of sizes and are inexpensive. For added pizzazz, you can update these planters with a splash of colour.

To start, turn each pot upside down on newspaper and spray the pot with your favourite shade of spray paint. Once dry, you may choose to spray your vibrant pot with a clear or glitter spray to achieve the dazzling finish you desire.

With just these few simple projects, your patio will be fun and fabulous with just a weekend's worth of work.

NEWS CANADA

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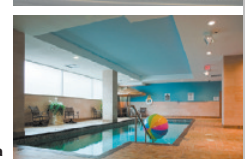
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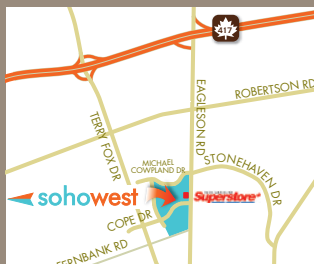


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sohowest.ca

Must haves for a man cave

- How to outfit your room to give it the right amount of testosterone
 ► 10 things that will make it yours

Stake your claim to the spare bedroom, garage or shed with these 10 key decorating items for your man cave.

1 Big screen TV
 When it comes to your man cave's TV, stick by the motto: Go big or go home.

2 Reclining chair
 The perfect cocoon from which to watch all your favourite sports teams get their game on.

3 Sports memorabilia
 Whether it's your beloved auto-

graphed Blue Jays jersey circa 1993 or the Spalding you toss around on the court every Saturday, house all sports merch here — or risk your mate losing it.

4 Mini-bar and fridge
 Stash away your best buds (a.k.a. Stella and Alexander) in a mini — fridge, and keep snack-at-tach staples like salsa and tortilla chips close at hand.

5 Pool table
 If you've got the space (or if you're Frank Costanza), a pool table is a man cave must.



► Stake out your claim with a TV so big it hurts your girl's eyes just to look at it.

Keep this in mind when choosing your next house and outbid your lady's desire for a guest room for visiting in-laws or, worse, a place to knit quietly.

6 Dart board
 Perfect for killing time between commercials and for a little friendly competition.

7 Door
 For privacy, of course. (And so your partner can shut out your antics.)

8 Oversized couch
 To comfortably seat all your boys when they come over on Super Bowl Sunday.

9 Phone
 Cell, land line, whatever. It's the quickest way to access dinner (a.k.a. the pizza guy).

10 Poker set
 Two words: game night. Close the door, break out the brandy and cigars and go to town.

2forcouples.com
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 — Jen & Al Greer, Episode 2

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Domestic bliss

► A new book includes tips on how to make the life of a homemaker cool again ► Your happy houses guide

TINA CHADHA
LIFE@METRONews.CA

These days, in addition to successful careers, we want to grow our own tomatoes, bake organic muffins and throw awesome dinner parties to serve them.

Kate Payne taps into this movement toward domesticity and self-sufficiency with her new tome, *The Hip Girl's Guide to Homemaking*.

But the last time we checked, twentysomethings don't read *Good Housekeeping*, so what exactly makes keeping home hip?

"Well, (the book) doesn't assume you have no other obligations," explains the writer and thrift store expert.



"It's for people who have busy schedules, who have jobs. Whereas the less-modern manuals are like, 'here's how to do everything' — and they make you feel bad if you don't do it."

Never tried a cross-

"As I've gotten older, I'd go to people's houses who maybe have more resources and feel like I want to have a nice place, too."

KATE PAYNE

stitch?

No problem. Payne's approach is geared toward beginners and filled with tips and easy-to-do, wallet-friendly projects to make your generic rented apartment feel like home.

"As I've gotten older, I'd go to people's houses who maybe have more resources and feel like I want to have a nice place, too," said Payne.

Easy tips

For the girl who hasn't cooked much, Payne offers tips on becoming more domesticated.

► **Tip No. 1** Explore some ways to use real linens in your house, maybe just some cute napkins. They get thrown into the mix of the laundry anyway, so

it's not a big hassle. And not just when guests come — even if you eat your cereal by yourself (use linen napkins). It's weird, but it makes you feel ... civilized.

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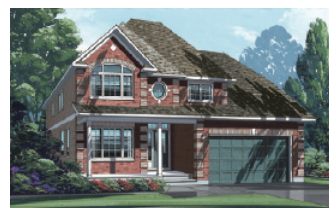
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Tips to live clutter free



Clutter can add up quickly and before you even know it you're on A&E's Hoarders. Here's some simple tips to help de-clutter your house and your life.

Make a list and prioritize it. Check things off one at a time and make sure not to rush through it.

Put a simple system in place for incoming mail. The "pay, file or pitch" system works for most people.

Clear one area and keep it clear. This will get that organized feeling in your blood. Take pictures to remind you of your progress.

Buy and label containers. Use cardboard boxes until

you know what kind of storage you need.

Create a not sure container.

Put all of the things that are "maybes" in one box and schedule time to go through it in four to six months when you can look at it from a fresh perspective.

Find a home for everything. Things pile up without dedicated storage space.

Schedule decluttering time. Whether it's a dedicated de-hoarding weekend or an hour a week, set aside specific times to

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tidy up—and be ruthless! Load the car up for charity and take it away. Right away.

Put a stop to impulse buying. And accepting things just because they're free. All the knick knacks you grab will never be useful.

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► Simple things can help you with clutter.

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Make it a Tex-Mex night

► These Fajitas offer a twist by using beef & asparagus ► The Enchilada Roll-Ups are made in the slow cooker while you enjoy the warm weather

These colourful beef fajitas are filled with vegetables. Set out bowls of lettuce, chopped tomato, shredded cheese and sour cream and let the Tex-Mex fun begin!

Preparation:

- 1 In a bowl, stir together chili powder, cumin, salt and pepper; rub into both sides of steak.
- 2 In a bowl, combine asparagus, mushrooms, garlic, peppers, onion, oil and oregano. Then stack tortillas and double wrap in foil.
- 3 Place steak on greased grill and vegetables in grilling basket over medium-high heat.

Close lid and grill steak until medium-rare, about 8 minutes, turning once. Transfer steak to cutting board; tent with foil. Let stand for 5 minutes.

- 4 Grill vegetables, tossing occasionally, until tender-crisp, 8 to 10 minutes. Meanwhile, place tortillas on grill and warm through, about 3 minutes.

- 5 To serve, slice steak thinly across grain. In bowl, combine steak, vegetables and cilantro. Serve with tortillas and desired accompaniment.

THE CANADIAN PRESS/
FOODLAND ONTARIO



► This recipe will serve six.

Ingredients:

- 7 ml (1 1/2 tsp) each chili powder and ground cumin
- 1 ml (1/4 tsp) each salt and pepper
- 500 g (1 lb) grilling steak
- 500 g (1 lb) asparagus, trimmed; cut into quarters
- 625 ml (2 1/2 cups) sliced white mushrooms
- 4 cloves garlic, minced
- 2 sweet peppers, sliced
- 1 onion, thinly sliced
- 20 ml (4 tsp) vegetable oil
- 2 ml (1/2 tsp) dry oregano
- 6 whole-wheat tortillas
- 50 ml (1/4 cup) cilantro

Enchilada Roll-Ups

Preparation:

- 1 Cut each chicken breast lengthwise into 2 or 3 strips. Combine chicken with 125 ml (1/2 cup) flour and salt in a resealable bag; shake to coat.
- 2 Heat butter in stoneware of slow cooker on stove top. Brown chicken, 3 minutes per side. Add broth, scrape up brown bits. Transfer

stoneware to slow cooker base. Add onion, jalapeno pepper, oregano. Cover; cook on low 6 to 7 hours.

- 3 In bowl, blend 30 ml (2 tbsp) flour and milk until smooth. Stir into chicken mix. Cook, uncovered, on high for 15 mins, or until thicker.

- 4 Spoon mix onto centre of flour tortillas. Fold; garnish with grated cheese and olives.

THE CANADIAN PRESS/
CROCK-POT

Ingredients:

- 750 g (1 1/2 lb) boneless, skinless chicken breasts
- 125 ml plus 30 ml (1/2 cup plus 2 tbsp) flour
- 2 ml (1/2 tsp) salt
- 30 ml (2 tbsp) butter
- 250 ml (1 cup) chicken broth
- 1 small onion, diced
- 1 jalapeno pepper, diced
- 2 ml (1/2 tsp) oregano
- 30 ml (2 tbsp) milk
- Six flour tortillas
- Grated cheddar cheese, sliced black olives (garnish)

THIS WEEK'S SUPER DEALS MAY 27 ~ JUNE 2, 2011

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Rice Dumpling DIY

Ingredients

- ▲ Bamboo leaves
- ▲ Glutinous rice
- ▲ Mushrooms
- ▲ Green beans (Unshelled)
- ▲ Rice dumpling string
- ▲ Pork belly
- ▲ Peanuts
- ▲ Salted egg yolk

Preparation

- ▲ Soak the Bamboo leaves for 12 hours in advance or soften with boiling water
- ▲ Soak the glutinous rice for 3 to 4 hours
- ▲ Soak the beans (optional ingredient)
- ▲ Marinate the meat (optional ingredient)



- 1 Stack 2 bamboo leaves & cut the top and bottom stems, fold the leaves in a funnel-shape.
- 2 Stuff in some of the glutinous rice.
- 3 Stuff in a portion of the remaining ingredients.
- 4 Cover with more glutinous rice.
- 5 Cover the filling with the other half of the bamboo leaves; then wrap the excess into the 4 corners of the rice dumpling.
- 6 Tie the bundle with a piece of the dumpling string. Place the rice dumplings into boiling water, making sure they are completely covered, simmer for 1.5 to 2 hours.

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SPECIAL INFORMATION FEATURE

Upcoming
EventsGAY
COOK
OTTAWA@METRONews.CA

All over the city there are exciting functions to help you expand your palette and knowledge of food, wine and culture. Here are three events that you might not have heard of:

1

When you enter Alpha Soul café, 1015 Wellington St., there is a warm, welcoming ambiance. The display counter displays salads, sandwiches made with Art-Is-In bread, plated local cheeses and freshly made pastries, muffins, cake and strudel. 613-761-8000

2

The annual art auction extravaganza given by The Ottawa Art Gallery takes place June 2 from 6 p.m. - 8:30 p.m. Rita Celli, will emcee the event at Arts Court. The funds raised go to the youth art programs and showcases the work of local artists. ottawartgallery.ca

3

Mackenzie King Estate is now open Saturdays and Sundays, 11 a.m. - 5 p.m. Learn about Mackenzie King who was Canada's Prime Minister for 22 years. Enjoy a light meal in the Tearoom of soup, quiche with smoked salmon or afternoon tea. canadascapital.gc.ca



► Rachel Russo, owner of Alpha Soul Café. The café often exhibits local artists including photographs by Raphaëlle Gagnon, up for the next two weeks.

Seasonal
Sips

► Discover the perfect “recovery” wine and the best sake to celebrate Japan

Ottawa Race Weekend, May 28, 29: Whether you're running in the big race or just cheering from the sidelines, a post-marathon pick-me-up is definitely in order. **Meinklang Gruener Veltliner** ((\$15.95 +219014) from Austria has the zippy finish all runners strive for. Gruener Veltliner is Austria's signature grape, making a crisp, dry white with an interesting white pepper character that matches well with many dishes. This one is organic, too—an earth-friendly bonus. Available at Vintages May 28.

Japan: Tradition, Innovation Exhibition at the

Museum of Civilization, on now: Get into the Japanese spirit with some sake made by a company doing a little innovating of its own. **Momokawa Organic Junmai Ginjo Sake** (\$17.95 +227041) hails from Oregon, not Japan, but they take their sake seriously, with a full line-up of styles. This one is a fuller, fruitier style, which would be great with sushi, picked up on the way home from the museum, or, just for fun, in a cocktail—the Momokawa folks have lots of recipes at www.sakeone.com. Available at Vintages May 28.

ALLYSON BYCRAFT



► Dominic Irzykowska serves up delicious fair-trade coffees at Sun Café & Flowers

Warm, inviting
European-style café

► Fresh flowers, coffee and romance are in the air at Sun Café & Flowers on Bank Street

Sun Café & Flowers has set itself apart from the chain of coffee shops that dominate the city. “We wanted to create something different,” says owner Ursula Irzykowska. “Everyone loves flowers.” The welcoming European-style café is filled with fresh flowers

and greenery for sale with comfy chairs to relax in and enjoy a fair-trade coffee or Sicilian-style cannoli. Open every night until 10 p.m., it's only a matter of time before the rest of the city discovers this treasure.

SAMANTHA EVERTS

Where to go...

Sun Café & Flowers
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► Austria's largest brewery, Stiegl, serves up a sparkling symphony of flavour



JEFF O'REILLY
OTTAWA@METRONEWS.CA

Legend has it that back in 1922 when Bavarian Gasthaus owner Franz Xaver Kugler did not have enough beer to serve a large group of bicyclists and mountain climbers he wisely decided to mix the beer with a lemon-lime soda that he had an ample supply of and named his new creation "Radler," the German word for "cyclist" in honour of his guests. The new beverage was a hit and today several versions of it still exist. Austria's largest privately owned brewery Stiegl has an interesting take on this. By blending the award winning Stiegl Goldbrau Lager with high quality soda and natural grapefruit juice they have created an invigorating beverage that combines the refreshment of beer with the vitamins and rich flavour of fruit. At only 2.5% alcohol and 35 calories per 100 ml, this is a popular choice for those with active lifestyles and is a natural to be your post-race beverage for the upcoming Ottawa Race Weekend.

With a nose slightly sweeter than ripe grapefruit, it is a thin hazy pale yellow straw colour with bright white head. The taste of fizzy tangy and tart grapefruit juice sees the beer balance off the citrus acidity quite nicely. Perfect with lighter fare, or its own. It is a unique thirst-quenching alternative that could easily become your new favourite.



► Julie Armstrong serves up a Stiegl Lager and a Radler, available year round on tap at D'Arcy McGee's on Sparks Street.



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**SUSAN
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California is the main actor in the May 28 LCBO Vintages release, with Alsace (France) playing a supporting role. Home to wine pioneers such as Robert Mondavi, whose Fumé Blanc was first produced in 1966, award-winning wineries such as Stag's Leap, and proud family-owned estates such as Duckhorn Vineyards, California is not only the home of Zinfandel, it's known for creamy Chardonnays, rich Merlots, iconic Cabernet

blends, refined Pinot Noirs and great sparklers such as Mumm Napa Rosé. The Alsatian feature focuses on signature varietals from highly reputed producers who deliver wines with great balance, weight and crisp clean fruit flavour. Don't dilly dally—try some of the feature wines, or the versatile rosés in this release. Cheers!

Hugel & Fils 'Tradition' Pinot Gris 2007, France
\$22.95 LCBO#118919.

A beautifully crafted medium bodied wine, silky and vibrant with floral and stone fruit aromas.

Featherstone 'Estate' Rosé 2010, Niagara
\$14.95 LCBO#117861.

Dry yet fruity, a versatile wine with a basketful of red berry flavours and a tangy texture.

Bonmarito Cabernet Sauvignon 2007, California
\$19.95 LCBO#213918.

A great choice for grilled meats, this is an approachable red wine with loads of ripe fruit flavours, spice and vanilla.

J. Lohr 'South Ridge' Syrah 2009, California
\$18.95 LCBO#948240.

Full-bodied, fruit for-

ward, concentrated, this is a gulp-able wine that's made for barbecued meats.

I Greppi 'Greppicante' Bolgheri 2007, Italy
\$23.95 LCBO#170381.

A delectable red blend of Cabernets and Merlot, fragrant with red berry fruit, toast and floral notes.

Grand Total: \$100.75
— ok we were over just a little bit!

Rapid Recommendations



North: Jean Burger

WAKEFIELD, 27 MINUTES FROM DOWNTOWN.

A roadside dining experience you won't forget. Newly rebuilt after a fire last fall, Jean Burger is back and ready for the summer season. Possibly, best poutine in the area.

East: Bearbrook Farm

NAVAN, 37 MINUTES FROM DOWNTOWN.
Specializing in exotic meats, the farm has a

deli open to the public where you can buy tortière made with emu and pork, venison ragout and buffalo goulash. They also have a booth at the Ottawa's Farmers Market on Sundays.
BEARBROOKFARM.COM

South: Black Dog Bistro

MANOTICK, 33 MINUTES FROM DOWNTOWN.

An old-house-turned-restaurant located on Manotick's Main street. Fresh food and warm service. Be sure to try the sweet potato fries.
BLACKDOGBISTRO.CA

West: Equator Coffee Roasters

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Crazy About Cheese?

► June 4-5, a weekend that oozes cheese-y discoveries

You know a man is passionate about cheese when he willingly dons a large piece of cheddar on his head. Georgs Kolesnikovs is such a man – organizer of the first-of-its-kind Great Canadian Cheese Festival to take place in picturesque Prince Edward County on June 4 and 5.

Whether you go for a day or a weekend getaway (only 3 hour drive from Ottawa) you can sample and buy ar-

tisan cheese, premium wine and craft beer or attend seminars and demonstrations by chefs and cheese makers. "It will be a fantastic learning experience to taste cheeses from coast to coast all in one place", states Ottawa's Savvy Company Cheese Sommelier, Vanessa Simmons – the host of an Ontario artisan cheese tasting.

► KATHRYN FLYNN

Cheese

Be sure to sample this local cheese:

► Bleu D'Élizabéth from Fromagerie du Presbytère a semi-soft cheese made with organic cow's milk with a soft & creamy melt-in-your mouth paste.

VANESSA SIMMONS/FOR METRO

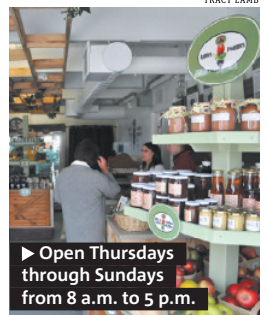


Parkdale Market's The Fieldhouse

A new farmer's market co-op has popped up in Hintonburg. Parkdale Market's "The Fieldhouse" is a small shop opened with support of the City and Savour Ottawa. Ten farmers and local food producers have

joined together for the indoor/outdoor pilot project to sell vegetables, meat, cheeses and prepared meals on weekends in the indoor/outdoor all local food boutique.

► SAMANTHA EVERTS



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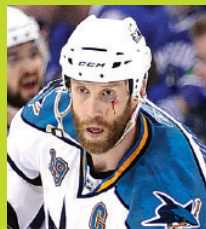
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4
sports

Quoted



"You could ask 27 teams and I think they're a little jealous at the success we've had ... To get here is an accomplishment, but next year we've got to beat it."

SAN JOSE CAPTAIN JOE THORNTON ON BEING ELIMINATED BY THE VANCOUVER CANUCKS IN THE WESTERN CONFERENCE FINALS TUESDAY NIGHT.

One more round for Canucks

DARRYL DYCK/THE CANADIAN PRESS

► Vancouver firing on all cylinders heading into Stanley Cup final

The excitement rippling through the Vancouver Canucks is tempered with the realization the biggest prize hasn't been won yet.

The Canucks, who have never hoisted a Stanley Cup, will be playing in the final for the first time in 17 years.

They have the chance to become the first team since the 1993 Montreal Canadiens to bring the NHL championship home to Canada.

A bunch of grown men are living the dream. It's the fantasy of every kid that shoots a ball playing street hockey, or takes that first wobbling step on the ice wearing skates and carrying a stick.

"All the hard work through my life, now I have the chance to battle for the Stanley Cup," said forward Alex Burrows.

"We have to refocus, re-energize and get used to it."

Vancouver fans, who have endured 40 years of

hope, frustration and disappointment, heaped loads of expectations on the best Canucks team in franchise history.

"I'm extremely proud of my players, the organization," said coach Alain Vigneault. "Real happy for the fans."

"This has been a long time coming. Like we said at the start of the season, we were in this not to win one round (of the play-offs), two rounds, three rounds, but to get into this to win the Stanley Cup. Now we're going to get the opportunity to compete for it."

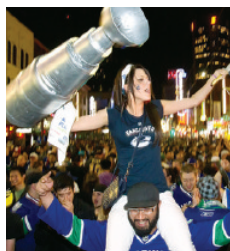
The Canucks used defenceman Kevin Bieksa's goal in double overtime Tuesday night to defeat the San Jose Sharks 3-2. Vancouver won the best-of-seven NHL Western Conference final 4-1.

"When it went in, I just yelled out 'Let's go to the Cup,'" said Bieksa.

"It's a good feeling."

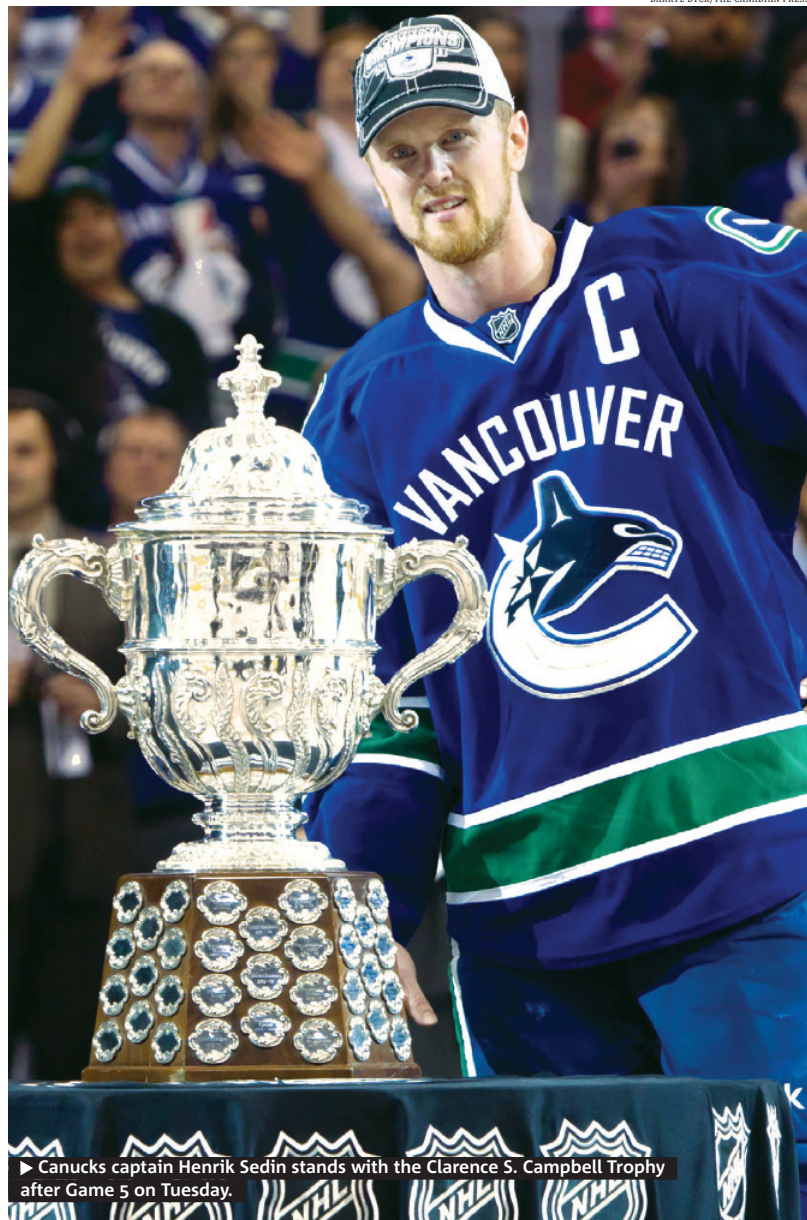
THE CANADIAN PRESS

Crowd concerns



The last time the Canucks made it to the Stanley Cup final, it ended in riots in the streets of Vancouver.

- Police Chief Jim Chu is hoping the atmosphere seen during the Olympics wins out in the final.
- "If you were a hooligan during the Olympics, the crowd policed itself," Chu said.



► Canucks captain Henrik Sedin stands with the Clarence S. Campbell Trophy after Game 5 on Tuesday.

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► Miami's LeBron James guards Chicago's Derrick Rose during Game 5 of the NBA Eastern Conference finals in Miami.

Big 3 turn up Heat on Bulls

► Miami defence has zoned in on Chicago offence, including MVP Rose

LeBron James is doing it all for Miami, hitting big shots and clamping down on MVP Derrick Rose.

The Heat lead the Chicago Bulls 3-1 in the Eastern Conference finals and a win tonight in Chicago means they will be playing for a championship.

That's exactly the way James, Dwyane Wade and Chris Bosh envisioned it when they decided to join forces in the off-season. Miami is on the verge of the finals after a 101-93 overtime win Tuesday.

James led the way with 35 points and helped contain Rose down the stretch. Bosh chipped in with 22, Wade came up with three big blocks in overtime and the bench delivered.

Now, they will try to close this one out.

"We understand it's going to be a tough game," Wade said. "But we have the team and we have the guys that are capable of showing up and putting on a performance that we need to win the game. It's not going to be pretty, but that's not Miami Heat basketball anyway."

The Bulls' first three-game losing skid of the season could not have come at a worse time.

"When you look at the score, 3-1, it looks bad,"

4

The Bulls dropped consecutive games only four times during the regular season and never lost more than two in a row.

Chicago's Luol Deng said.

But he was quick to point out the games have been close. That's one reason he insisted the Bulls are not out of it.

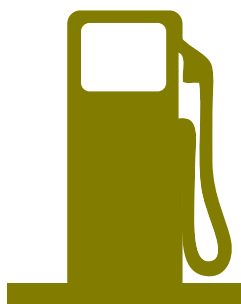
"I really believe we've got a group of guys that are going to keep on fighting," Deng said. "There's no quit in us. There's no quit in that locker-room. It's really going to come down to the end of the game again."

The Bulls surprised many this season by jumping to a league-leading 62 wins, with Rose becoming the youngest ever MVP.

Along the way, they swept three close games from the Heat during the regular season. They even left them in tears after beating them in March, when they were in a five-game losing streak and appeared to be unravelling.

Now it's Miami that has Chicago's players and coach of the year Tom Thibodeau rubbing their eyes.

THE ASSOCIATED PRESS



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LAKERS

L.A. to hire Mike Brown, source says

The Los Angeles Lakers reached a deal in principle with former Cleveland coach Mike Brown yesterday to succeed Phil Jackson, according to a person with knowledge of the discussions.

Brown will get a four-year deal worth roughly \$18 million US, according to the person who spoke to The Associated Press on condition of anonymity because Brown hadn't yet been formally hired.

The Lakers released a statement later yesterday confirming the club hopes to make Brown the 22nd coach in franchise history.



► Mike Brown

"We've met with Mike and are very impressed with him," said the statement from the Lakers' public relations department. "In addition, we have an outline for an agreement in place and hope to sign a contract within the next few days."

With a strong interview last weekend, Brown became the top candidate for the daunting challenge of succeeding the 11-time NBA champion Jackson with one of the NBA's iconic franchises. The Lakers' 16 NBA titles trail only

the Boston Celtics' 17 in league history.

Rather than promoting one of Jackson's assistant coaches, the Lakers are changing course after an abrupt end to their two-year title reign.

Kobe Bryant endorsed Jackson assistant Brian Shaw for the job, but Jim Buss — the Lakers' executive vice-president of player personnel and the son of owner Jerry Buss — became intrigued by Brown after the interview.

A respected tactician with a strong pedigree, Brown has experience with big games and stars, even if he couldn't get LeBron James a title.

"Mike Brown is a great coach," James said in Miami. "I respect him. He definitely helped me become who I am today."

THE ASSOCIATED PRESS

Coaches jump into NFL labour court battle

NFL coaches are teaming up with the players in their legal fight to end the owner-imposed lockout.

The NFL Coaches Association filed a brief with the 8th U.S. Circuit Court of Appeals yesterday expressing support for the players and saying the lockout is putting their jobs in jeopardy.

"Owners and fans increasingly demand immediate success, and coaches whose teams cannot fulfil such severe expectations face likely dismissal, which means the uprooting of families, economic dislocation and a significantly less promising career path," lawyers for the NFLCA wrote.

No individual coaches were identified in the brief, which said the eight new coaches hired this year face particularly daunting odds of success if the lockout is not lifted soon. The NFL grants new coaches two extra summer minicamps to get players familiar with the new staff, and the elimination of those camps puts them at a competitive disadvantage heading into the season.

"To meet management's expectations, coaches need adequate time in the off-season to prepare their players for the season ahead," the filing said. "Each day lost in preparing for the season further diminishes coaches' opportunities to prove themselves and advance their career."

NFL spokesman Greg Aiello said the league was not surprised by the filing.

"The Coaches Association offices with the Players Association in Washington," Aiello wrote in an email to The Associated Press.

"So this comes as no surprise."

The 8th Circuit has set a June 3 hearing to hear arguments on whether the lockout is legal. A federal judge in St. Paul, Minn., initially ruled the lockout was illegal, but the 8th Circuit put a stay on that ruling pending the appeal.

THE ASSOCIATED PRESS

NHL

PLAYOFFS

All Times Eastern

CONFERENCE FINALS

(Best-of-7 series)

EASTERN CONFERENCE

BOSTON (3) vs. TAMPA BAY (5)

(Boston leads series 3-2)

Last night's result

Boston at Tampa Bay

Tomorrow's game

x-Tampa Bay at Boston, 8 p.m.

WESTERN CONFERENCE

VANCOUVER (1) vs. SAN JOSE (2)

(Vancouver wins series 4-1)

Tuesday's result

Vancouver 3 San Jose 2 (2T)

LATE TUESDAY

CANUCKS 3, SHARKS 2 (2OT)

First Period

1. Vancouver, Burrows 7 (H.Sedin, D.Sedin) 8:02

Penalties — H.Sedin Vcr (hooking) 14:03, Kesler Vcr (slashing) 14:39.

Second Period

2. San Jose, Marleau 8 (Boyle, Pavelski) 9:57 (pp)

Penalties — Bieksha Vcr (high-sticking) 9:07, Mitchell SJ (tripping) 10:39, Vancouver bench (too many men; served by Torres) 13:38.

Third Period

3. San Jose, Setoguchi 7 (Pavelski, Huskins) 0:24

4. Vancouver, Kesler 7 (H.Sedin, Edler) 19:46

Penalties — None.

First Overtime

No Scoring.

Penalties — None.

Second Overtime

5. Vancouver, Bieksha 5 (Edler, Burrows) 10:18

Penalties — None.

Shots

San Jose 15 10 11 16

4-56

Vancouver 6 6 8 9

5-34

Goal — San Jose: Niemi (L,8-9-0); Vancouver: Luongo (W,12-6-0). **Power plays (goals-chances)** — San Jose: 1-4; Vancouver: 0-1.

Referees — Steve Kozari, Stephen Walkom.

Linesmen — Greg Devorski, Jay Sharrers.

Attendance — 18,860 (18,810).

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	2	19	21
Kesler, Vcr	7	11	18
St. Louis, TB	8	9	17
Lecavalier, TB	6	11	17
J.Thornton, SJ	3	14	17
D.Sedin, Vcr	8	8	16
Boyle, SJ	3	13	16
Claude, SJ	6	9	15
P.Bergeron, Bos	4	11	15
Datsyuk, Det	4	11	15
Purrell, TB	4	11	15
Burrows, Vcr	7	7	14
Couture, SJ	7	7	14
Horton, Bos	7	7	14
Marleau, SJ	8	5	13
Krejci, Bos	7	6	13
Ward, Nash	7	6	13
Marchand, Bos	6	6	12
Gagne, TB	5	7	12

Not including last night's game

HOCKEY

MEMORIAL CUP

At Mississauga, Ont.

ROUND ROBIN

Last night's result

Mississauga 3 Owen Sound 1

End of Round Robin

Tonight's game

Tiebreaker

Kootenay vs. Owen Sound, 7 p.m.

Tomorrow's game

Semifinal

Mississauga vs. Kootenay/Owen Sound, 7 p.m.

ACTIVITY

MLB

AMERICAN LEAGUE

CLEVELAND INDIANS — Activated RHP Mitch Talbot from the 15-day DL. Optioned RHP Josh Judy to Columbus (IL).

NEW YORK YANKEES — Claimed RHP Kanekoa Texeira off waivers from Kansas City and optioned him to Scranton/Wilkes-Barre (IL). Transferred RHP Phil Hughes to the 60-day DL.

TAMPA BAY BAYS — Activated SS Reid Brignac from the bereavement list. Placed INF Elliot Johnson on the 15-day DL.

CFL

EDMONTON ESKIMOS — Signed DB Hugo Lopez.

WINNIPEG BLUE BOMBERS — Named Markus Howell defensive and special teams assistant coach.

NHL

DETROIT RED WINGS — Announced the retirement of D Brian Rafalski.

CYCLING

GIRO D'ITALIA

At Tirano, Italy

Stage 17

1. Diego Ulissi, Italy, Lampre, five hours, 31 minutes, 51 seconds; 2. Pablo Lastras Garcia, Spain, Movistar, same time; 3. Giovanni Visconti, Italy, Farnese Vini, s.t.; 4. Jan Bakelants, Belgium, Omega Pharma, four seconds behind; 5. Fabio Taborre, Italy, Acqua&Sapone, 0:08; 6. Eduard Vorganov, Russia, Katusha, s.t.; 7. Hubert Dupont, France, AG2R, s.t.; 8. Jesus Hernandez, Spain, Saxo Bank, s.t.; 9. Robert Kiserlovski, Croatia, Astana, s.t.; 10. Kanstantsin Svitsov, Belarus, HTC-High Road, 0:10.

Also: 50. Michael Barry, Toronto, Sky Procyding, 3:33

Overall Standings (after 17th of 21 stages)

1. Alberto Contador, Spain, Saxo Bank, 68 hours, 18 minutes, 27 seconds; 2. Michele Scarponi, Italy, Lampre, 4:58; 3. Vincenzo Nibali, Italy, Liquigas, 5:45; 4. John Gadret, France, AG2R, 7:35; 5. Kanstantsin Svitsov, Belarus, HTC-High Road, 9:12; 6. Jose Rujano, Venezuela, Androni, 9:18; 7. Mikel Nieve Iturralde, Spain, Euskaltel, 9:22; 8. Denis Menchov, Russia, Geox, 9:38; 9. Roman Kreuziger, Czech Republic, Astana, 9:47; 10. Joaquin Rodriguez, Spain, Katusha, 10:25.

Also: 65. Michael Barry, Toronto, Sky Procyding, 1:34:30.

NBA

PLAYOFFS

All Times Eastern

CONFERENCE FINALS

(Best-of-7 series)

EASTERN CONFERENCE

CHICAGO (1) vs. MIAMI (2)

(Miami leads series 3-1)

Tuesday's result

Miami 101 Chicago 93 (OT)

Tonight's game

Miami at Chicago, 8:30 p.m.

Saturday's game

x-Chicago at Miami, 8:30 p.m.

Monday, May 30

x-Miami at Chicago, 8:30 p.m.

WESTERN CONFERENCE

DALLAS (3) vs. OKLAHOMA CITY (4)

(Dallas leads series 3-1)

Last night's result

Oklahoma City at Dallas

Tomorrow's game

x-Dallas at Oklahoma City, 9 p.m.

Sunday, May 29

x-Oklahoma City at Dallas, 9 p.m.

x — played only if necessary.

LATE TUESDAY

HEATS 101, BULLS 93 (OT)

CHICAGO (93)

Deng 8-16 2-20, Boozer 7-14 6-9 20, Noah 3-10 0-0 6, Rose 8-27 6-7 23, Bogans 2-6 0-0 6, Brewer 2-3 2-37, Gibson 0-1 0-0 0, Asik 0-0 0-0 0, Korver 2-6 1-15, Watson 3-4 0-0 6. Totals 35-87 17-22 93.

MIAMI (101)

James 11-26 13-13 35, Bosh 6-12 10-11 22, Anthony 0-0 2-4 2, Bibby 2-5 0-2 5, Wade 5-16 4-4 14, Haslem 0-5 2-2 2, Miller 5-8 0-4 12, Chalmers 3-3 1-2 9. Totals 32-75 32-38 101.

Chicago 19 27 22 17 8 93

Miami 16 28 19 22 16 101

3-Point Goals — Chicago 6-24 (Deng 2-5, Bogans 2-6, Brewer 1-1, Rose 1-9, Korver 0-3), Miami 5-13 (Chalmers 2-2, Miller 2-5, Bibby 1-3, James 0-1, Bosh 0-1, Wade 0-1). Fouled Out — Noah. Rebounds — Chicago 57 (Noah 14), Miami 49 (Haslem, Miller 9). Assists — Chicago 20 (Noah, Rose 6), Miami 12 (James 6). Total Fouls — Chicago 28, Miami 24. Technicals — Miami — Boozer. A — 20, 125 (19,600) at Miami.

SOCCER

MLS

Last night's results

Colorado at New York

Dallas at Seattle

Houston at Los Angeles

All Times Eastern

Saturday's games

Philadelphia at Toronto, 12:30 p.m.

New York at Vancouver, 5:30 p.m.

Chivas USA at Columbus, 7:30 p.m.

Los Angeles at New England, 8 p.m.

FC Dallas at Houston, 8:30 p.m.

San Jose at Chicago, 8:30 p.m.

Seattle at Real Salt Lake, 9 p.m.

Kansas City at Colorado, 9 p.m.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	27	21	.563	—
Boston	27	22	.551	1/2
Tampa Bay	26	23	.531	1 1/2
Toronto	24	25	.490	3 1/2
Baltimore	23	24	.489	3 1/2

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	30	17	.638	—
Detroit	25	23	.521	5 1/2
Kansas City	22	26	.458	8 1/2
Chicago	23	28	.451	9
Minnesota	16	32	.333	14 1/2

WEST DIVISION

	W	L	Pct	GB
Texas	26	24	.520	—
Los Angeles	25	25	.500	1
Seattle	24	25	.490	1 1/2
Oakland	23	26	.469	2 1/2

Yesterday's results

Boston 14 Cleveland 2

N.Y. Yankees 7 Toronto 3

Tampa Bay at Detroit (ppd., rain)

Seattle 3 Minnesota 0

Texas 2 Chicago White Sox 1

Baltimore 9 Kansas City 2

Oakland at L.A. Angels

Today's games

Kansas City (Francis 1-5) at Baltimore (Guthrie 2-6), 12:35 p.m.

Boston (Aceves 1-0) at Detroit (Scherzer 6-1), 1:05 p.m.

Oakland (Anderson 2-4) at L.A. Angels (Pineiro 2-0), 3:35 p.m.

Chicago White Sox (Humber 3-3) at Toronto (Morrow 2-2), 7:07 p.m.

YANKEES 7, BLUE JAYS 3

Toronto

ab r h bi

YEscor ss 4 0 1 0

Jeter ss 3 1 1 0

JMcDnl pr-ss 0 0 0 0

 Gndrs cf 4 1 2 1 | Arencl pf 1 0 0 0 | Teixeir 1b 5 1 1 2 | CPtrsn lf 4 1 1 0 | AlRdng dh 4 0 1 0 | Bautist rf 3 0 1 0 | Cano 2b 4 0 1 0 | JRiver 1b 4 0 1 1 | Martin c 2 1 0 0 | JMolin c 3 0 0 0 | Swisher rf 3 1 0 0 | A.Hill 2b 4 1 2 0 | Gardnr lf 0 0 0 0 | ETHms dh 4 1 2 1 | AnJons lf 3 2 3 4 | RDavis cf 4 0 2 0 | Dickrns lf-rf 1 0 0 0 | J.Nix 3b 3 0 0 1 | ENunez 3b 4 0 0 0 | Encrnc pf 1 0 0 0 | Totals 35 310 3 | Totals 000 001 200 3 | Toronto 122 002 00x 7 | New York | E—J.Molina (1), A.Hill (1). DP—Toronto 1, New York 1. LOB—Toronto 7, New York 8. 2B—C.Patterson (13), E.Thames (2), R.Davis (5), Jeter (5), Granderson 2 (7). 3B—Y.Escobar (3). HR—Teixeira (13), An.Jones 2 (4). SB—R.Davis (13), AL.Rodriguez (2), Cano (4), Martin (4). CS—Bautista (2). | IP H R ER BB SO | Toronto | Jo-Reyes L,0-4 | 3 5 5 5 2 0 | L.Perez | 4 4 2 2 2 3 | Camp | 1 0 0 0 1 0 | New York | F.Garcia W,3-4 | 61-3 8 3 3 0 4 | Robertson | 2-3 0 0 0 0 1 | Chamberlain | 1 1 0 0 1 0 | Ma.Rivera | 1 0 0 0 0 1 | HBP—by L.Perez (Granderson), by F.Garcia (Bautista). WP—Jo-Reyes. | Umpires—Home, Wally Bell; First, Laz Diaz; Second, Scott Barry; Third, John Hirschbeck. T—2:41. A—43,201 (50,291) at New York. |

NATIONAL LEAGUE

EAST DIVISION

CENTRAL DIVISION

WEST DIVISION

Yesterday's results

Atlanta 4 Pittsburgh 2 (11 inn.)

Milwaukee 6 Washington 4

Houston 2 L.A. Dodgers 1

San Diego 3 St. Louis 1

Cincinnati at Philadelphia

N.Y. Mets at Chicago Cubs

Arizona at Colorado

Florida at San Francisco

Today's games

Cincinnati (Bailey 3-1) at Philadelphia (Cl.Lee 3-4), 1:05 p.m.

N.Y. Mets (Dickey 2-5) at Chicago Cubs (Zambrano 4-2), 2:20 p.m.

Florida (Ani.Sanchez 3-1) at San Francisco (Vogelsong 3-0), 3:45 p.m.

Arizona (Owings 0-0) at Colorado (Mortensen 1-1), 8:40 p.m.

TUESDAY'S RESULTS

AMERICAN LEAGUE

Boston 4 Cleveland 2
Baltimore 5 Kansas City 3
Detroit 7 Tampa Bay 6
N.Y. Yankees 5 Toronto 4
Chicago White Sox 8 Texas 6
Minnesota 4 Seattle 2
Oakland 6 L.A. Angels 1

NATIONAL LEAGUE

Colorado 12 Arizona 4 (1st game)
Atlanta 2 Pittsburgh 0
Cincinnati 6 Philadelphia 3
L.A. Dodgers 5 Houston 4
Chicago Cubs 11 N.Y. Mets 1
Milwaukee 7 Washington 6
Arizona 5 Colorado (2nd game)
St. Louis 3 San Diego 2 (11 inn.)
Florida 5 San Francisco 1

LACROSSE

2011 WORLD MEN'S INDOOR CHAMPIONSHIP

At Prague, Czech Republic

Playoffs

Today's games

Seventh Place

First Leg

Slovakia vs. Ireland, 4 a.m.

Quarter-finals

U.S. vs. Australia, 10 a.m.

England vs. Czech Republic, 1 p.m.

TENNIS

At Paris

MEN

Singles

First Round

Novak Djokovic (2), Serbia, def. Victor Hanes-cu, Romania, 6-4, 6-1, 2-3, retired.
Roger Federer (3), Switzerland, def. Maxime Teixeira, France, 6-3, 6-0, 6-2.
David Ferrer (7), Spain, def. Julien Benneteau, France, 6-3, 6-4, 6-2.
Gael Monfils (9), France, def. Guillaume Rufin, France, 6-3, 1-6, 6-1, 6-3.
Mikhail Youzhny (12), Russia, def. Mikhail Kukushkin, Kazakhstan, 6-3, 7-5, 6-4.
Richard Gasquet (13), France, def. Marcel Granollers, Spain, 4-6, 6-3, 6-2, 6-4.
Stanislav Wawrinka (14), Switzerland, def. Thomas Schoorel, Netherlands, 6-3, 6-2, 6-4.
Jo-Wilfried Tsonga (17), France, def. Igor Andreev, Russia, 6-3, 7-6 (4), 6-3.
Thomaz Bellucci (23), Brazil, def. Andreas Seppi, Italy, 6-1, 6-2, 6-4.
Juan Martin del Potro (25), Argentina, def. Blaz Kavcic, Slovenia, 6-3, 6-2, 6-4.
Houston 2 L.A. Dodgers 1
San Diego 3 St. Louis 1
Cincinnati at Philadelphia
N.Y. Mets at Chicago Cubs
Arizona at Colorado
Florida at San Francisco
Today's games
Cincinnati (Bailey 3-1) at Philadelphia (Cl.Lee 3-4), 1:05 p.m.
N.Y. Mets (Dickey 2-5) at Chicago Cubs (Zambrano 4-2), 2:20 p.m.
Florida (Ani.Sanchez 3-1) at San Francisco (Vogelsong 3-0), 3:45 p.m.
Arizona (Owings 0-0) at Colorado (Mortensen 1-1), 8:40 p.m.

Women

Second Round

Caroline Wozniacki (1), Denmark, def. Aleksandra Wozniak, Blainville, Que., 6-3, 7-6 (6).
Vera Zvonareva (3), Russia, def. Sabine Lisicki, Germany, 4-6, 7-5, 7-5.
Francesca Schiavone (5), Italy, def. Vesna Dolonts, Russia, 6-1, 6-2.
Sam Stosur (8), Australia, def. Simona Halep, Romania, 6-0, 6-2.
Jelena Jankovic (10), Serbia, def. Vera Dushkevina, Russia, 6-3, 6-2.
Marion Bartoli (11), France, def. Olga Govortsova, Belarus, 6-4, 6-7 (1), 6-2.
Svetlana Kuznetsova (13), Russia, def. Irina-Camelia Begu, Romania, 6-1, 6-1.
Anastasia Pavlyuchenkova (14), Russia, def. Mona Barthel, Germany, 6-0, 7-6 (5).
Julia Georges (17), Germany, def. Lucie Safarova, Czech Republic, 2-6, 7-5, 6-2.
Daniela Hantuchova (28), Slovakia, def. Sara Errani, Italy, 6-1, 6-2.
Peng Shuai (29), China, def. Polona Hercog, Slovenia, 7-5, 6-1.
Rebecca Marino, Vancouver, def. Maria Jose Martinez Sanchez, Spain, 2-6, 6-3, 6-3.
Anastasia Rodionova, Australia, def. Edina Gallovits-Hall, Romania, 6-1, 6-4.
Gisela Dulko, Argentina, def. Tsvetana Pironkova (32), Bulgaria, 6-4, 6-2.
Bethanie Mattek-Sands, U.S., def. Varvara Lepchenko, U.S., 6-3, 2-6, 6-3.
Nuria Llagostera Vives, Spain, def. Alize Cornet, France, 6-0, 6-2.

Mixed

First Round

Chan Yung-jan, Taiwan, and Eric Butorac, United States, def. Vania King, U.S., and Daniel Nestor (2), Toronto, 3-6, 6-3, 12-10 tiebreak.

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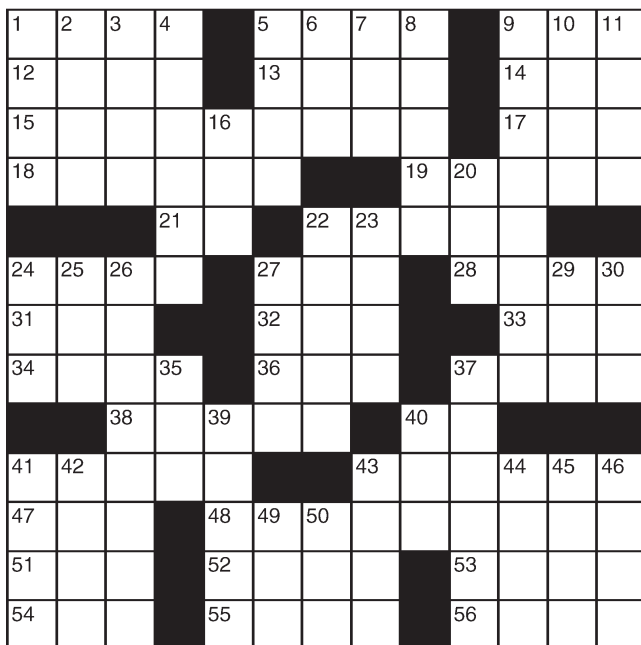
Crossword

Across

- 1 Rue the workout
5 Conks on the noggin
9 Rx safety grp.
12 Glimpse
13 Emanation
14 Filch
15 Sort of basketball shot
17 Lamb's dam
18 Skilled
19 Occurrence
21 "People" rival
22 Big name in Cuban history
24 Present
27 Curved line
28 Pitch
31 Blunder
32 Ultramodernist
33 Suitable
34 Bump into
36 X rating?
37 Crucial time
38 Made comfortable
40 Exist
41 Secret society
43 Beachwear for a baby
47 Actress Mendes
48 Type of swim competition
51 Scale note
52 Green land
53 Pinnacle
54 Piercing tool
55 Highway
56 For fear that

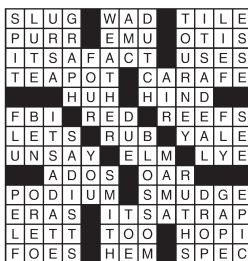
Down

- 1 — Romeo
2 String

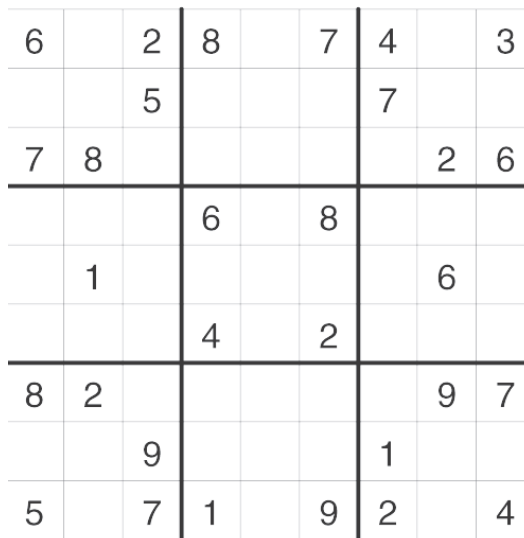


- 3 Gardener, at times
4 Barely manage
5 Money of Thailand
6 "— Father, who ..."
7 Expert
8 Cut into boards
9 Moomch
10 Puzzle direction
11 Help a hood
16 "— the season ..."
20 Doggy doc
22 DJ legend Alan
23 Pedestal occupant
24 Jewel
25 Anger
26 Plummet
27 Initial stake
29 Hot tub
30 Pigs' digs
35 Mai — (cocktail)
37 Health plan coverage
39 Less risky
40 Urban transport
41 Arizona city
42 Acknowledge
43 Start a garden
44 Big buildup
45 Milwaukee products
46 Libretto
49 Carnival city
50 Mound stat

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

8	1	3	4	2	9	5	6	7
4	7	9	6	8	5	2	1	3
5	2	6	1	3	7	9	4	8
9	3	8	2	7	1	4	5	6
1	6	4	9	5	3	8	7	2
2	5	7	8	6	4	3	9	1
3	4	1	7	9	2	6	8	5
7	8	2	5	4	6	1	3	9
6	9	5	3	1	8	7	2	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Bavinski, I love you with all my heart. I'm so glad I met you and I wouldn't change a thing if I could. Going on 2 years and it only gets stronger with each day. I love to think about the life we have ahead of us. No matter what the issue is our strength will get us thru. B

Baby Cakes, I just wanted to say how much I love & care about you...You truly are an amazing man and I'm so happy that you came into my life love always and forever...xoxo P.S Happy Anniversary. CAREBEAR

Michelle, Hi! Happy Birthday! I miss you so much! I hope you have the best Birthday, new year and everything you could ask for. I hope life treats you well, and every wish is accounted for! I love you so much! Can't wait to see you! xoxox PAUL

Today's horoscope

♈ Aries March 21-April 20 Put yourself forward and take initiative today. Make your own decisions.

♉ Taurus April 21-May 21 You will face many challenges over the next few days, but you have what it takes to survive and to thrive.

♊ Gemini May 22-June 21 A book or film will broaden your horizons today and raise your understanding to the next level.

♋ Cancer June 22-July 22 Something of a joint nature needs to be handled carefully today, but it also needs you to make a final decision.

♌ Leo July 23-Aug. 23 Let others know what you are thinking, but don't be too blunt or you may make it harder to get support.

♍ Virgo Aug. 24-Sept. 22 As a Virgo, you have a serious destiny. You don't know what it is? You will soon. Look at the bigger picture.

♎ Libra Sept. 23-Oct. 23 Avoid extremes today but don't avoid a challenge. Tackle tough tasks.

♏ Scorpio Oct. 24-Nov. 22 If you are mindful of other people's needs today, you will accomplish a lot. Leave your ego at home.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

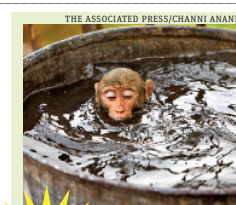
♐ Sagittarius Nov. 23-Dec. 21 You've got a lot on your mind, but the answers may come easier if you let your hair down a bit.

♑ Capricorn Dec. 22-Jan. 20 Some people need motivating, others need loving. To you, both will come easy. It's the perfect balance.

♒ Aquarius Jan. 21-Feb. 18 Do something that makes important people sit up and take notice.

♓ Pisces Feb. 19-March 20 If there's someone you want to impress, it's time to turn on the charm. **SALLY BROMPTON**

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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